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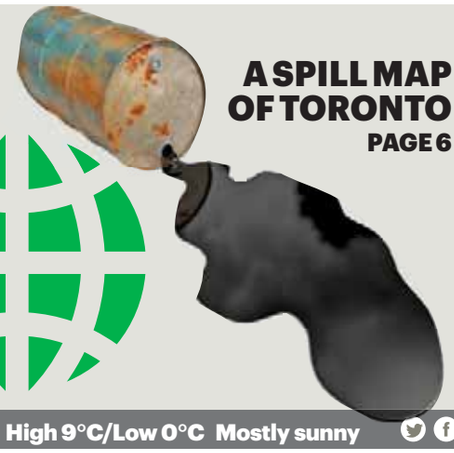

A SPILL MAP OF TORONTO

PAGE 6

Your essential daily news | TUESDAY, APRIL 7, 2015

High 9°C/Low 0°C Mostly sunny

GO BLUE JAYS

FOR FANS, HOPE SPRINGS ETERNAL. SPORTS, PAGE 27

Laureen Harper: Why I'm wearing pink tomorrow

Wednesday, I will be wearing pink.

I will be wearing pink to show support for Canadian teens who have been bullied, beaten up and beaten down. Whose wounds are real, yet invisible to the human eye.

I will be wearing pink in support of tremendous Canadian organizations like the Canadian Centre for Child Protection and the Canadian Centre for Gender and Sexual Diversity, formerly Jer's Vision — organizations that work tirelessly to combat all forms of bullying.

And I will be wearing pink to remind our young people that they are not alone. That their lives matter. That they are deeply loved.

Last year, it was my honour to wear pink and attend an International Day of Pink event hosted by Jer's Vision. The stories we heard were moving. The atmosphere in the room was electrifying. The messages of hope for those in crisis rang so loud and clear that they stayed with me long after the event was over.

We heard from brave parents who told heartbreaking stories of teens who, out of desperation, took their lives because they believed there was nowhere to go. We also heard from successful businesspeople and TV personalities who shared their own stories of bullying, victimization and, ultimately, perseverance. Each was infused with these messages: Youth are not alone. Everyone has the power to turn their experience from one of hate to one of hope.

I recognize it's so easy for us adults to say to our children, "It gets better" and "Hang in there." We've lived long enough to know is true. But sometimes parents aren't the only people in a teen's life who need to communicate this. Sometimes, what it takes is a classroom, or a sports team, or a school club, to come together in solidarity and wear pink once a year to remind their peers in crisis that they belong.

So, Wednesday I'll be wearing pink. I hope all Canadians join me. Because one small act of kindness can help someone realize they are not alone. And one simple action can show them that they are stronger than they think.

The International Day of Pink is a Canadian anti-bullying and anti-discrimination event held on the second Wednesday of April.

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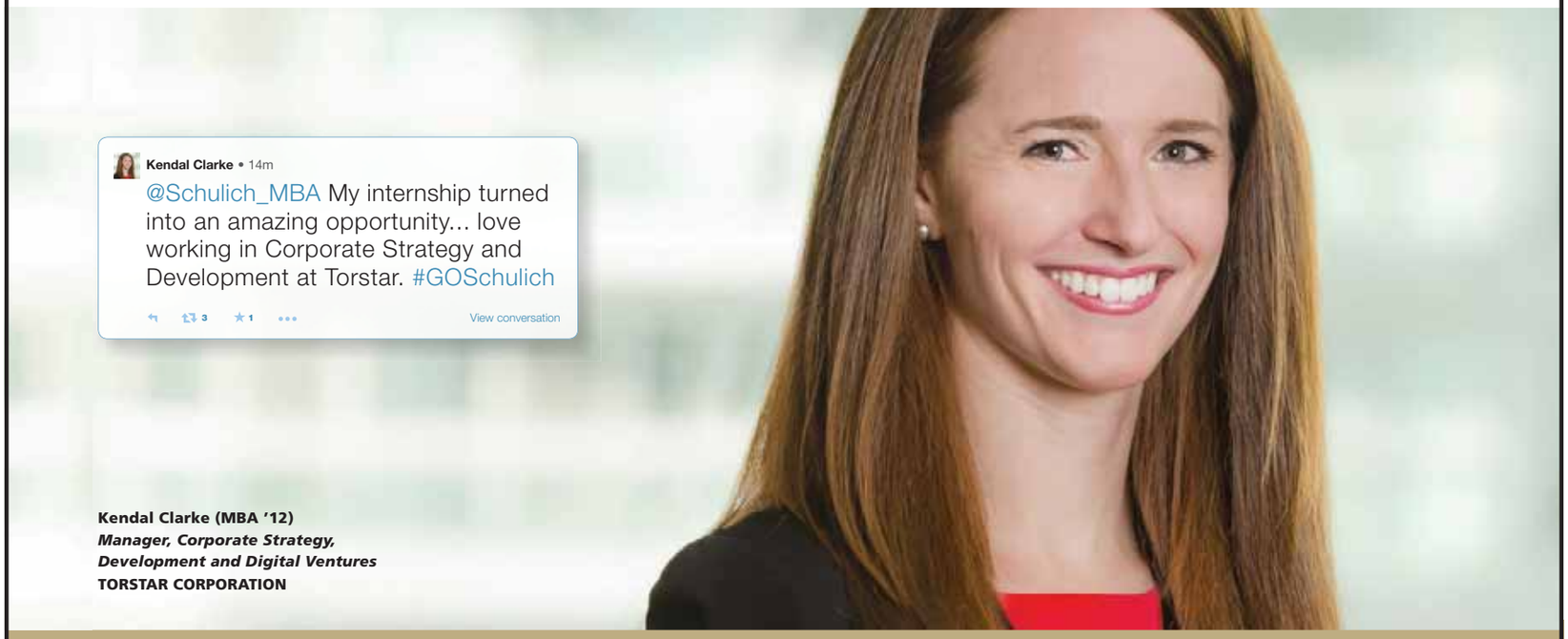
Kendal Clarke • 14m
@Schulich_MBA My internship turned into an amazing opportunity... love working in Corporate Strategy and Development at Torstar. #GOSchulich
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View conversation

Kendal Clarke (MBA '12)
Manager, Corporate Strategy, Development and Digital Ventures
TORSTAR CORPORATION

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metro NEWS
Your essential daily news

Prince Harry reports for duty with Australian army. Page 11

New dog bylaw would be city's best friend: Layton

The call for changes to dog controls follows a report into an attack on a seven-year-old child. COLOURBOX.COM

CITY HALL

Councillor wants some policies in place to deal with dangerous dogs

Councillor Mike Layton wants Toronto to get tougher on ferocious dogs.

"The city really doesn't have a policy on vicious or dangerous dogs like we see in other cities," said Layton, who recently introduced a motion at city council aimed at bringing our dog bylaws to heel.

Layton's call follows a report from ombudsman Fiona Crean, which concluded the family of a seven-year old child, whose face was "just about ripped off" by a dog in 2012, was not well served by the city.

"We were late in responding and in following up," Layton said.

The Ward 19 councillor wants the city to review existing dog policies to make sure they're effective. He also wants to raise awareness and make sure residents — whether they own a dog or not — know what policies are in place, he said.

"That's the only way we can ensure that what went wrong before does not happen again," he said, noting other municipalities, including Calgary, have gotten proactive about problem dogs.

Calgary overhauled its bylaws in 2006, reining in rules around licences and banning dogs from schoolyards, playgrounds, golf courses and cemeteries.

> **"It's the owner whose behaviour has to change, not the dog's."**
> Bill Bruce

Bill Bruce, the retired director of animal services who crafted the bylaw, said Calgary wanted to put the onus on owners rather than dogs. "No dog wakes up in the morning and says, 'Today I'm going to bite somebody.'"

Now, when a dog bite occurs, Bruce said bylaw officers investigate what led the dog to lash out.

Chris Yaccato, of Toronto Beaches Dog Association, hopes Layton's motion will start a dialogue between dog owners and other residents about the use of public spaces.

"Enforcement has to be a big part of the debate," he said, adding that some people just don't abide by the bylaws. GILBERT NGABO/METRO

HIGHLIGHTS OF CALGARY'S DOG BYLAW

- All dogs must have and wear a Calgary city licence as soon as they reach three months of age.
- All dogs must be on-leash at all times, unless posted signs indicate otherwise, or they are in a securely fenced private yard.
- Dog owners must ensure their dog does not bark, howl, chase, threaten or disturb anyone.
- While on a pathway, a dog must be on a leash no longer than two metres, and remain on the right-hand side of the pathway.

SPEED LIMITS

New criteria for safer streets

The city's transportation division is proposing new criteria for staff to use when deciding whether to lower the posted speed limit on residential streets to 30 km/h.

Currently, a 30 km/h sign can be installed only on neighbourhood and collector roads in conjunction with other traffic calming measures, such as speed bumps.

Under the proposed policy, those measures wouldn't be required. The new criteria include, among other things, that the road be travelled by fewer than 8,000 vehicles a day and that the change be supported by a petition signed by at least 25 per cent of households on that street.

If they're obeyed, lower speed limits reduce the severity of collisions and injuries, says the staff report to be considered Thursday by the public works and infrastructure committee. The new criteria, if adopted, "will ensure that the speed limit is appropriate for the street being considered," the report says.

A pedestrian hit by a vehicle travelling at 50 km/h has an 85 per cent chance of dying, while a pedestrian struck by a vehicle at 30 km/h has only a five per cent chance of dying, according to Toronto's Road to Health report. TORSTAR NEWS SERVICE

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Sexual abuse of patients is a form of violence and a breach of trust. The Government of Ontario has set up a task force to gather information about sexual abuse of patients in Ontario and the *Regulated Health Professions Act, 1991*, to ensure the legislation is effective in upholding zero tolerance of sexual abuse of patients and supporting those affected.

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- an individual who has been affected by patient sexual abuse
- a group (such as a professional association or advocacy group) or an individual with an interest in preventing sexual abuse of patients

you are invited to join the discussion.

Your privacy and safety will be respected. You can choose a public or private hearing with the task force.

The next consultation will be:
Monday April 13
Marriott Courtyard Toronto Downtown,
475 Yonge St.,
Toronto, Ontario
M4Y 1X7
10:00 a.m. start

There is another consultation planned in May 2015.

If you want to participate, please confirm a time and date with the coordinator. Presentations are by appointment only; spaces are limited.

For more information, contact the task force at SATaskforce@ontario.ca or at 1-844-821-6151.

We thank you for your interest and concern.

Marilou McPhedran,
Co-Chair of the Minister's Task Force

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Ontario

Mark Gougeon and Sarah Sabry check out the full-sized royal prop that's been installed in the HBO Game of Thrones pop-up shop on Queen Street West. TORSTAR NEWS SERVICE

Your chance to sit on the Iron Throne

RETAIL

Pop-up shop is first of its kind in Canada

Three weeks ago Mark Gougeon had never seen a single episode of HBO's Game of Thrones. Monday morning, he was one of the first in line to sit in a replica Iron Throne in downtown Toronto.

Gougeon and girlfriend Sarah Sabry, both 25, were checking out a new pop-up shop on Queen Street West based on the wildly successful fantasy book-series-turned-show.

Launched by HBO Canada, the store is the first of its kind to open outside of the U.S.

In addition to giving fans photo ops with the seven-foot throne, it was stocked with a 3D puzzle of Westeros, the mythical setting where much of the story's action takes place, themed pint glasses and figurines of various characters.

Karan Sondhi, 27, was contemplating purchasing a shirt featuring sigils (flags) representing four of the series' major families Monday.

"I already have a House Stark T-shirt," said Sondhi, whose very typical reason for loving the bloodthirsty series is, "you don't know who's dying in the next episode."

Patricia Revelle stopped in the store with her husband and two children, who gave her a "Mother of Dragons" shirt based on the character Daenerys Targaryen last Mother's Day.

Game of Thrones has one of HBO Canada's largest viewerships, with an average audience of around 1.3 million.

Last year, fans in Ontario, Quebec and Atlantic provinces were able to watch the Season 4 finale in Cineplex theatres. Tickets sold out within 24 hours.

The pop-up shop is located at 277 Queen St. W. and will be open until April 19.

TORSTAR NEWS SERVICE

IN BRIEF

Man injured in fall onto subway tracks

A man who was using a mobility scooter is in serious condition after falling onto the subway tracks in Toronto on Monday afternoon. Fire officials say the man — described as middle-aged — got off a train at College station, realized there was no elevator, but lost control when he tried to turn around and tumbled off the edge of the platform. There were no trains coming at the time and service was halted.

THE CANADIAN PRESS

LIQUOR LAWS

Restaurants, bars want beer 'off sales'

The people who own restaurants, bars and pubs in Ontario have an idea to give consumers another option to buy beer — so-called "off sales" from their establishments.

The industry group Restaurants Canada says six provinces, including Quebec and British Columbia, already allow restaurants and bars to sell beer for home consumption as part of their liquor licences.

Restaurants Canada vice-president James Rilett says staff in restaurants and bars are trained to sell alcoholic beverages, and calls the idea of "off sales" a natural evolution in Ontario's retail system.

Rilett says "off sales" would also mean wider distribution for craft and micro brewers who complain about their limited access to the LCBO and Beer Store. The Liberal government has already made it clear the spring budget will include changes to the way beer and wine are sold in Ontario. THE CANADIAN PRESS

April 7, 2015

Oh, Canada.

We're famous for hockey, apologizing, maple syrup, double-doubles, having more lakes to jump into than any other country, Alexander Graham Bell, the Robertson screw, the Group of Seven and poutine.

We invented basketball, paint rollers, instant mashed potatoes, the instant replay, insulin, the odometer, Nanaimo bars, egg cartons and peanut butter.

We know the value of long underwear, mosquito repellent and the Maple Leaf.

And we once had a well-earned reputation for being savers. But these days many Canadians aren't saving enough.

That's not so good – for Canadians or the Canadian economy.

The bottom line is, if we're not saving, we're not putting enough aside – for rainy days, for kids' educations or big purchases such as homes or cars.

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Toronto's underground — it's more toxic than you realize

CONTAMINATION

Petroleum spills get into groundwater

Jessica Smith Cross
Metro | Toronto

The foul-smelling and potentially hazardous liquid that came pouring into a Yonge subway tunnel last month, snarling the morning commute, raises a question: just how toxic is Toronto's underground?

The TTC believes the liquid was groundwater mixed with various contaminants. An on-site assessment ruled out gas or diesel fuel, but the TTC is still no closer to finding the culprit.

"It remains a mystery. We are continuing to investigate to determine where this has come from," said TTC spokesman Brad Ross. "There is contaminated soil throughout the city."

Metro requested data from the provincial government on pollutant spills in 2014 and mapped it. We found no obvious recorded spills near the leakage on the Yonge line, north of College Street, but there are spills all over the city, large and small.

According to the Ministry of the Environment, the majority of spills, about 60 per cent, are small quantities related to motor-vehicle accidents or natural-gas line strikes. They represent the smallest dots on the map below.

Don Ford, senior manager of hydrogeology at the Toronto and Region Conservation Authority, looked at the map and said the most concerning items are the petroleum spills — shown in grey — that contaminate the ground.

60%

Percentage of spills consisting of small quantities from motor-vehicle accidents or natural-gas line strikes

"People don't realize that if they spill material on the ground, it can get into the groundwater system and can end up in a subway tunnel," he said.

The map doesn't show the full extent of the problem, as it doesn't catch the many small spills from people who don't report them.

And every time someone dumps motor oil onto the ground near his or driveway, it adds up, Ford said.

"We don't want pollutants in our lake, which is our water supply," he said.

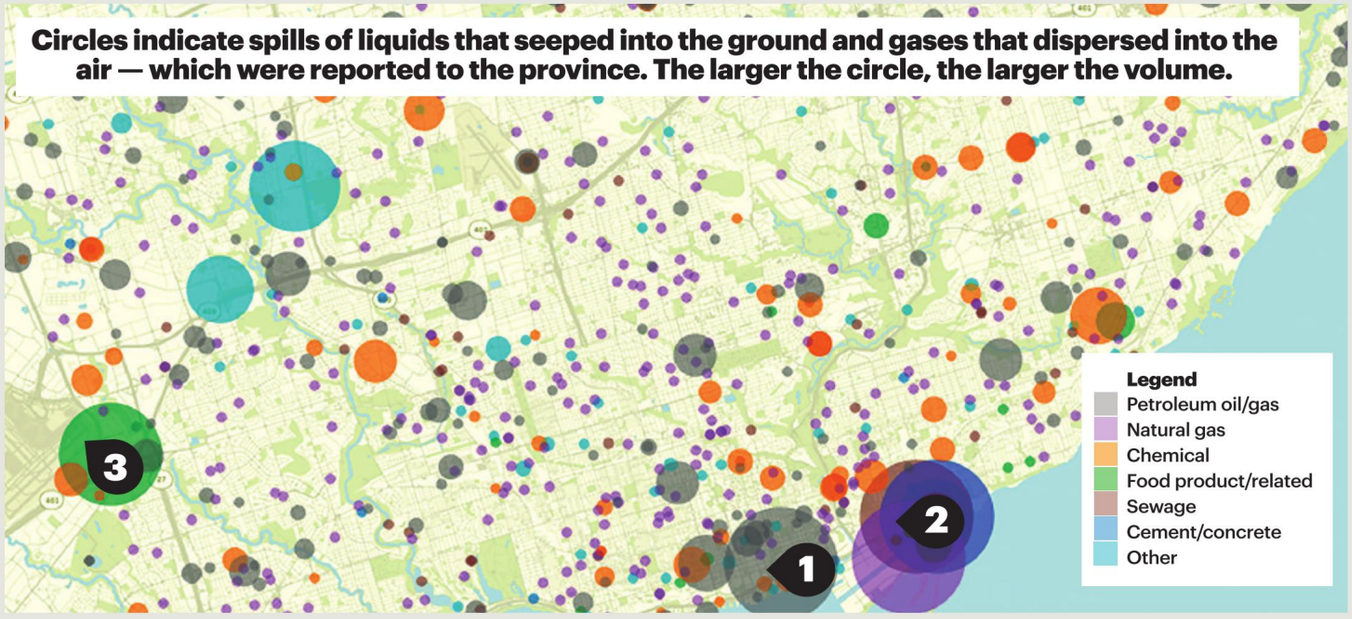
Ford said Toronto's ground is still contaminated in places because of the 50-to-100-year-old sins of its industrial past, like the former lead smelter on Bathurst Street or the petroleum refinery that was at the foot of the Don Valley.

A Ministry of the Environment spokesperson said soil contaminant standards are most strict where people in the city would live and garden.

However, those standards do not apply in many areas downtown, where the soil is encased under sidewalks and roadways, so people aren't usually at risk of exposure to contaminants.

MAPPED | A rainbow of shame for Toronto

Circles indicate spills of liquids that seeped into the ground and gases that dispersed into the air — which were reported to the province. The larger the circle, the larger the volume.



POINTS OF INTEREST

1. The largest petroleum-product spill was 5,300 litres of transformer oil at 110 The Esplanade on June 8, 2014.

2. The spills of the greatest volume happened at the Ashbridges Bay Wastewater Treatment Plant. Spillage occurs during storms when the plant can't handle the volume of water coming through storm sewers, said Don Ford of the Toronto and Region Conservation Authority. The sewage goes into the lake, not the ground.

3. A 4,000-litre spill of beer at the Molson Brewery on Carlingview Drive on July 25, 2014 isn't very harmful at all, said Ford.

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Breaking down councillor's Uber call

Toronto city councillor Jim Karygiannis took his campaign against Uber to the airwaves last week, calling Newstalk1010 to deliver an impassioned rant about the ride-sharing service. Metro decided to fact-check some of his claims.

JESSICA SMITH CROSS METRO

1 EMAIL

"Uber sent everybody that signed up an email that says don't use Uber Cab anymore, now you use UberX, which is their private cars."

False. There is no such thing as "Uber Cab." UberTAXI connects passengers with rides in licenced taxis and Uber continues to offer it in Toronto alongside the newer UberX service, which does indeed have drivers sell rides using their private cars.

2 HST

"You get a receipt after you use an Uber and that receipt… It doesn't say anything about HST… Are you encouraging people not to pay their fair share of taxes?"

True. UberX receipts don't break down HST; it's included in the price. Drivers are responsible for paying it to the federal government.

3 LICENCING

"The drivers don't have to have proper police clearance. To boot all of it, they're not licenced."

Uber claims its background checks — which use police databases — are superior than those done on city licenced cab drivers. However, that doesn't mean the police are happy with UberX.

The TPS recently conducted a sting investigation that saw 11 alleged UberX drivers charged for operating a commercial vehicle without commercial insurance and the proper licence.

Toronto councillor Jim Karygiannis is trying to ban city staff from using the Uber app on their work phones. To hear Karygiannis talk about Uber, visit metronews.ca/toronto. ANDREW CABALLERO-REYNOLDS/AFP

4 INSURANCE POLICY

"We haven't seen their insurance policy. The city asked for their insurance policy and they fought us tooth and nail."

True. Uber maintains it has a $5 million policy covering all services provided through its app. However, the company is in an ongoing court battle with the city and argues its insurance policy is proprietary and should be kept secret. While the judge denied Uber's request to seal it, the insurance policy has not yet been made public through the court.

5 VEHICLE AGE

"These cars can be up to 10 years old."

True. The company says UberX vehicles must be model year 2005 or newer.

6 ACCIDENTS

"If an accident were to happen to one of our people, one of our city employees were hurt, there could be a major lawsuit against the city."

If an UberX driver was found to be at fault in a collision and had no insurance, the injured passenger's own insurance would cover them, said Sonia Leith, a personal injury lawyer with Neinstein and Associates. If the passenger was also uninsured, they would be covered by the province's Motor Vehicle Accident Claims (MVAC) fund.

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World Vision

‘Homeless Jesus’ inspires

CHARITY

Ontario artist’s sculpture laden with money, food

An unorthodox sculpture of a homeless man in front of St. Paul’s Episcopal Cathedral in downtown Buffalo, N.Y., has become an unexpected inspiration for donations to the city’s less fortunate.

During Holy Week preceding Easter, the bench on which the bronze man rests, covered head to toe in a blanket, was laden with money and food — in one case 100 handmade, individually wrapped sandwiches.

The wounded feet that protrude from under the metallic covering are the sole sign the sculpture is meant to depict a suffering Jesus.

It was dedicated to the cathedral March 31, and Rev. Daniel Pinti, the cathedral’s canon, said the response “was immediate and profound.”

“It’s amazing, it really is,” said interim dean Rev. Will Mebane Jr., who spearheaded the move to have the sculpture installed. “I knew there would be a reaction, and I assumed that it would be a very positive reaction. But I never thought the sculpture would engender the sort of visceral responses from people that we’ve seen.”

So many donations have been piling up that church staff have been sending boxes daily to the Friends of Night People charity, which helps the homeless in Buffalo, Mebane said.

The statue, by St. Jacob’s, Ont., sculptor Tim Schmalz, is actually one of about 15 currently on display around the world. One of the first found a home at the University of Toronto’s Regis College. There are plans to send another 15 around the globe in coming months, including Hong Kong, London and Paris.

Schmalz was inspired to create the piece after seeing a homeless person on the Beck Memorial on University Ave. in November 2012.

“It was one of the most haunting experiences for me, not being in the city for a long time,” Schmalz said. “It’s a shock to see the cold reality of how human beings in cities live.”

T.O. version: Tim Schmalz’s bronze sculpture, Jesus the Homeless, outside Regis College at the University of Toronto Monday. It was one of the first of 15 around the globe. LIZ BEDDALL/METRO

Initially, “Homeless Jesus didn’t have a home,” Schmalz said. The piece was considered but turned down by Toronto’s St. Michael’s Cathedral and by St. Patrick’s Cathedral in New York City.

But by November 2014, the initial model had been blessed by Pope Francis in Rome, and full-sized pieces were finding their way to various cities. In Texas, one man donated $100,000 to the homeless, Schmalz said, after being inspired by the sculpture.

“I couldn’t be happier,” Schmalz said. “You have people … become proactive and they start putting cans of food (there for) homeless people.”

TORSTAR NEWS SERVICE

> **It is one of the most touching moments that, as a sculptor, you can possibly have.**
> Tim Schmalz

IN BRIEF

Girl, 3, gets hands stuck in subway escalator

Fire officials said a three-year-old girl was taken to hospital after getting her hands stuck in an escalator at a Toronto subway station. Paramedics said the child’s injuries didn’t appear severe.

It was not clear whether the escalator was in service at the time.

Emergency crews were called to St. Clair West station just before 12:30 p.m.

THE CANADIAN PRESS

Police probe possible arson at Etobicoke home

Toronto police are investigating after a man was allegedly assaulted and a fire was set at his Etobicoke home. Toronto Paramedics were called to the house near Rathburn Rd. and Kipling Ave. around 11:15 p.m. Sunday.

The homeowner came home to find an intruder in his house, and was allegedly assaulted. Paramedics took the man, in his 50s, to hospital for treatment of a head injury.

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Duffy's defence team to attack top Tories

EXPENSE SCANDAL

Suspended senator facing 31 charges

Suspended senator Mike Duffy may be the one on trial, but others will also see their motives, character and actions dissected, examined and critiqued over the next several weeks inside an Ottawa courtroom.

Beginning Tuesday, Crown lawyers will lay out their fraud, breach of trust and bribery case against the former Conservative — 31 charges in total.

But so, too, will begin lawyer Donald Bayne's defence of Duffy, a counter-attack that will likely focus in part on the behaviour of key figures from the Prime Minister's Office and party circles.

The expected release of new documents and internal emails in the form of court exhibits has the capacity to breathe new life into the political scandal that consumed the House of Commons two years ago.

Sen. Mike Duffy arrives to the Senate on Parliament Hill in Ottawa on Oct. 28, 2013. ADRIAN WYLD/THE CANADIAN PRESS

A crush of media interest in the trial has prompted officials to establish an overflow room at the courthouse where several camera angles are displayed on large screens in order to accommodate journalists.

Bayne has already given a public preview of sorts of how he plans to approach the allegations. Back in October 2013, Bayne held an animated news conference to respond to the looming suspension of his client from the upper chamber. Charges were laid in July 2014.

That spring, news broke that the prime minister's chief of staff, Nigel Wright, had secretly paid for Duffy's $90,000 in contested living expenses.

Duffy had submitted claims for a secondary residence in the Ottawa area, even though an audit said he spent approximately 30 per cent of his time at the designated primary residence in P.E.I..

Police allege Duffy was the one setting conditions and making demands in exchange for resolving the expenses controversy — hence the bribery charge. An email dated Feb. 13, 2013, in which Duffy's previous lawyer outlined a number of scenarios and conditions, is a central document.

Bayne and Duffy have alleged it's the other way around.

"The payment of $90,000 was not the doing of Senator Duffy," Bayne said in 2013.

"It was a political tactic forced on him by the Prime Minister's Office." THE CANADIAN PRESS

ENVIRONMENT

Glacial melt may affect salmon, skiing: Report

Bluebird days on the ski slopes and expeditions to rivers frothing with spawning salmon could be among the quintessential British Columbia pastimes that vanish in the next century if the province's glaciers maintain their melt.

Results of a 3D computer simulation, published in a newly released study, reveal in more detail than ever before the magnitude of glacial thawing due to climate change. The study was published Monday in the journal Nature Geoscience.

It confirms and goes one step further than previous projections on glacial melt, holding up a magnifying glass to specific geography in Western Canada and spurring scientific theorizing about potential localized impacts.

> **This is not a trivial amount.**
> Garry Clarke, study co-author

Researchers anticipate that by 2100, disappearing glaciers may alter how much water is delivered to salmon spawning beds in the B.C. Interior and similarly dry up corporate visions of future ski resorts, said study co-author Garry Clarke.

A near-total loss of glacial ice is expected to be concentrated in the Rocky Mountains, said Clarke, professor emeritus with the University of British Columbia.

Similar disappearance rates are expected in B.C.'s southeastern Columbia Mountains. But the southern coast mountains may fare better than previously expected, mostly sparing the visually stunning Mount Garibaldi, north of Squamish, B.C.

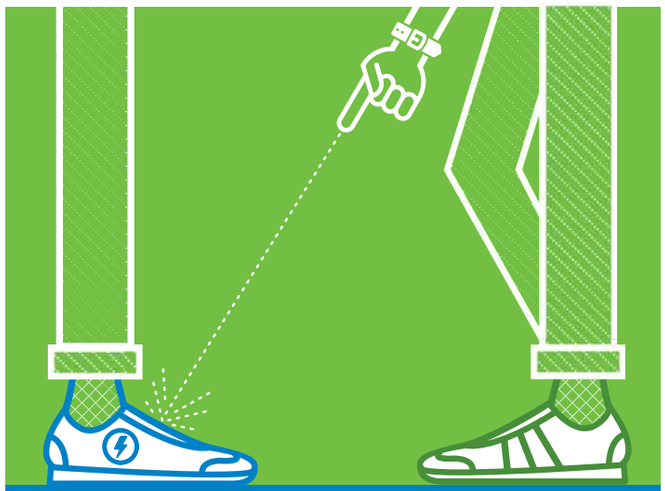
Ice caps in B.C.'s northwest, close to the Alaska and Yukon borders, should also survive.

Researchers spent nearly a decade coding and embedding influential factors into the simulation, amounting to high-resolution representations of the glacial degradation in B.C. and Alberta over the years, said Clarke.

The study projects the maximum rate of ice volume retreat to occur between 2020 and 2040.

Earlier forecasts using less sophisticated calculus predicted the glacial-mass loss would be lower. THE CANADIAN PRESS

DOING YOUR HOMEWORK
DOESN'T STOP AFTER GRADUATION.



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For references, view the full article at workopolis.com

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LAND TITLES ACT

NOTICE OF APPLICATION FOR ABSOLUTE TITLE

(Subsection 46 (2) of the Act)

RE: PIN 21244-0262 (LT)

TO: ANYONE WHO MAY HAVE AN INTEREST.

RE: Part of Lot 15, Section B Military Reserve Plan, City of Toronto, designated as Part 1 on draft reference plan 66R dated and signed March 2, 2015 by Ontario Land Surveyor Brad K. Warren. Together with an easement over Part of Lot 15, Section B Military Reserve Plan, City of Toronto, designated as Part 2 on draft reference plan 66R as in Instrument No. CA788023.

The said Plan is attached to an application registered as Instrument No. AT3840893 and is available for inspection at the Land Registry office or the office of the Solicitor for the Applicant:

Land Registry Office No. 66
20 Dundas Street West
4th Floor
Toronto, Ontario
M5G 2C2

Solicitor for the Applicant
Owens Wright LLP
20 Holly Street, Suite 300
Toronto, Ontario, M4S 3B1
Attention: Adam Lebow

TAKE NOTICE THAT 2341464 ONTARIO INC. herein referred to as the Applicant has made application registered as AT3840893 to be registered under the Land Titles Act as the owner in fee simple with an absolute title to the above described land.

AND TAKE NOTICE THAT any person claiming to have any title to or interest in the said land or any part of it is required on or before May 8, 2015, to file a statement of objection, which sets out the nature and extend of the interest claimed in the objection, together with all evidence, documents or legal provisions and precedents relied upon in support of the objection, directed to the land registrar at the address of the solicitor for the Applicant set out above. If no such statement of objection is filed by May 8, 2015, I shall proceed with the application and any interest you may claim in the subject property may be thereby extinguished and you may not be entitled to receive any further notice with respect to the proceedings.

Dated at Toronto this 30 day of March, 2015.

Adam Lebow, Solicitor for the Applicant

Prince takes swipe at selfies

MONARCHY

Harry begins month-long stint in the Aussie army

Britain's Prince Harry joked and chatted with an enthusiastic crowd Monday at his only scheduled public appearance during a month-long embedment with Australia's army, declaring pride in his ginger hair and telling a self-obsessed younger generation that "selfies are bad."

The British army captain reported for duty in Australia's capital, Canberra, to begin a four-week attachment to the Australian army that will take him to the east, west and north coasts of the vast nation.

But before he got down to military business, Harry ignored light rain and cool weather to shake hands and chat with hundreds of cheering well-wishers who gathered at cordons to welcome him outside the Australian War Memorial.

Perhaps because of his own history of embarrassing candid photos, he was less generous with teenagers who wanted to photograph themselves with him. He drew laughs when he urged one teen admirer to break the habit of taking "selfies."

"No, I hate selfies. Seriously, you need to get out of it," Ten Network television recorded him telling the admirer.

"I know you're young, but selfies are bad," Nine Network television recorded the prince saying.

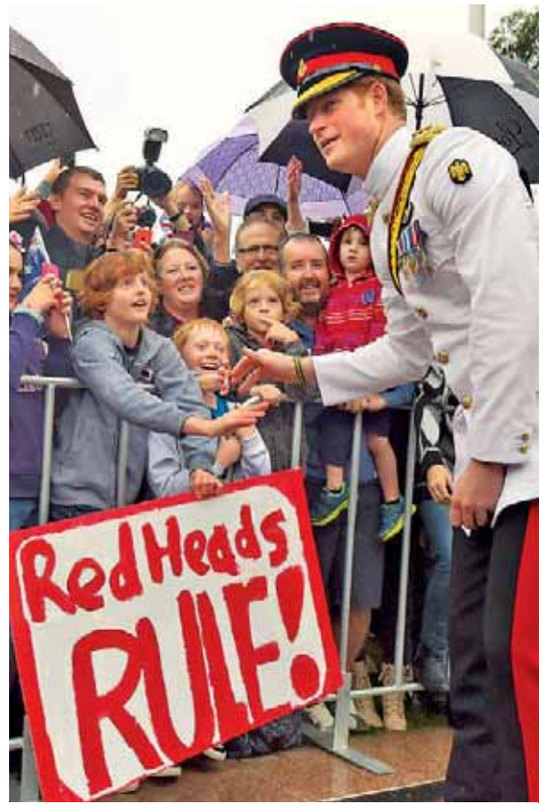
Harry, fourth in line to the British throne — he'll move to fifth when brother Prince William's second child is born — also shook hands and gave a high-five to ginger-haired 12-year-old Ethan Toscan, who brought a banner that read "Redheads RULE!"

> **No, I hate selfies. Seriously, you need to get out of it.**
> Prince Harry to a young admirer

Like in Britain, redheads are often teased in Australia, where they are known as "rangas" — short for orangutans.

"He said that I was fabulous in making the sign and it's awesome to be a redhead," Ethan said later.

Young and old members of the public gathered at the memorial, with Harry laying a wreath at the Tomb of the Unknown Soldier before strolling to the museum's World War I and Afghanistan galleries. THE ASSOCIATED PRESS



Britain's Prince Harry laughs with fellow redheads as he meets members of the public during a visit to the Australian War Memorial in Canberra, Monday. THE ASSOCIATED PRESS

IN BRIEF

Kenya strikes Somali camps after college attack

Kenyan warplanes bombed militant camps in Somalia, officials said Monday, following a vow by President Uhuru Kenyatta to respond "in the fiercest way possible" to a massacre of college students by al-Shabab extremists.

THE ASSOCIATED PRESS

Fighting intensifies on the ground in Yemen's Aden

Pitched fighting intensified Monday in Yemen's second-largest city, Aden, leaving streets littered with dead bodies, as Shiite rebels and their allies waged their strongest push yet to seize control of the main bastion of supporters of their rival, the country's embattled president.

The fighting in the southern port city raises doubts over the possibility of landing ground forces from a Saudi-led coalition backing President Abed Rabbo Mansour Hadi to try to carve out an enclave to which Hadi, who fled the country two weeks ago, could return.

THE ASSOCIATED PRESS

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Ontario Auto Insurance Rates Have Dropped

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The Financial Services Commission of Ontario (FSCO) reports that auto insurance rates dropped in the fourth quarter of 2014, in some cases by as much as six per cent. Did you see a change? One of the easiest ways to see if you're getting the best deal is by comparing rates using a site like **InsuranceHotline.com**.

Now's the perfect time for drivers to compare rates

Will switching providers save you money?

FSCO predicts lower rates will continue across the province, so now's the perfect time for drivers to compare rates. Insurance premiums are calculated based on a number of factors including your vehicle, your personal driving record, and where you live, so it's possible your rates did not change. If that's the case, or if you've recently moved or gotten a new vehicle, comparing rates today and switching providers could save you money.

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IN BRIEF

Cuban property not up for grabs, ambassador says

Cuba's ambassador to Canada says the warming of relations with the U.S. won't open up his country to international real estate buyers.

Cuban President Raul Castro and U.S. President Barack Obama surprised the world nearly four months ago with the historic news that their countries would try to normalize relations after 53 years.

That sparked excitement that Cuba's vast undeveloped Caribbean coast — not to mention prime property in Havana — might be available to international buyers.

But Ambassador Julio Garmendia Pena says Cuba wants to keep its land for its people, even though it is open to other investment. Canada's former ambassador to Cuba, Mark Entwistle, agrees that Cubans are wary of Americans gobbling up their property. And despite decades of friendly relations, Entwistle says Canadians don't have a competitive edge, either.

THE CANADIAN PRESS

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RETAIL REBRANDED FUTURE SHOP STORES REOPEN A closed Future Shop store reopens as a Best Buy in West Vancouver, B.C., on Saturday. It's one of 65 stores that have been consolidated under the Best Buy brand. The outlets still look like Future Shop stores. However, the employees are now wearing Best Buy uniforms, Torstar News Service reports. THE CANADIAN PRESS

Tax-free savings to double, Oliver hints

BUDGET

Increasing contribution room benefits rich, critics say

Finance Minister Joe Oliver left no doubt in a confidential letter to fellow Conservatives that his April 21 budget will double the contribution limit for the federal government's popular tax-free savings vehicle.

The current limit for cash going into a Tax-Free Savings Account (TFSA) is $5,500 a year, and Oliver indicated the Conservatives would fulfill Prime Minister Stephen Harper's four-year-old pledge to allow Canadians to sock away more money.

Doubling the annual limit will put it at $11,000 a year.

While popular with savers, TFSAs have prompted controversy over which segments of the population are receiving the most benefit from the plan.

In a report in February, Parliamentary Budget Officer Jean-Denis Fréchette concluded that allowing larger contributions to TFSAs will benefit well-off Canadians disproportionately.

Oliver's letter seeks to debunk that argument. He cites a finance department study that shows people of all ages and income levels put the maximum amount of savings into their TFSAs. However, the study based on 2013 data shows that it is older Canadians as a group who are taking the most advantage of their TFSAs.

TORSTAR NEWS SERVICE

SAVINGS

71: Per cent of those maximizing their TFSA contributions who are over the age of 55.
5: Per cent of those maximizing their TFSA contributions who are 25-34 years of age.
$5,500: Current annual contribution room for TFSA.
$11,000: Expected annual contribution limit for TFSA after Oliver's increase.
11 million: Number of people with TFSAs.

TORSTAR NEWS SERVICE

CARBON PRICING

Provinces urged to take lead

After years of federal inaction on carbon pricing, a group of economists is urging provinces to move forward on their own.

In a report to be released Tuesday, Canada's Ecofiscal Commission advocates for every province to establish a carbon pricing regime that is stringent, has broad coverage and plans for long-term national co-ordination.

A federal policy would be fraught with difficulties, said chair of the commission Chris Ragan, who is also an associate professor of economics at McGill University. Ragan points to the challenge in designing an approach that would work for economically diverse regions and the political problems intrinsic to having the federal government collecting all revenues from such a regime.

Some provinces have already moved forward with carbon pricing, for example British Columbia has a revenue neutral carbon tax and Quebec has a cap-and-trade system.

Costs as a result of climate change such as damaged infrastructure and threatened food security have also been recognized by Ontario's government in a discussion paper released in February.

How to price carbon is only half the equation, Ragan says.

"The underappreciated part is … What do you do with the revenues?" David Paterson, vice-president of corporate and environmental affairs at GM Canada, says the company would like to see Ontario invest revenue in new technology that would contribute to reduced emissions. Infrastructure for electric cars, such as more charging stations at workplaces and along the highway, is high on Paterson's list.

TORSTAR NEWS SERVICE

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metro VIEWS
Your essential daily news
Tuesday, April 7, 2015

the big question

Can you legally file for divorce on Facebook?

If you got married in New York, the answer might be yes. A Supreme Court Justice in Manhattan told Ellanora Baidoo she could use Facebook messenger to serve papers to her hard-to-reach husband. The couple got married in a civil ceremony, but agreed to wait until they had a traditional wedding before consummating the marriage, which never happened. Baidoo says she doesn't know where her husband lives and they communicate only on the phone and over Facebook.

Toronto's scrambled transportation priorities

YOUR RIDE

Glyn Bowerman

"I give up."

"So do I."

"I think, at this point, everybody wants to give up."

This was the exchange at City Hall last Thursday, as councillors considered asking for a report, examining the possibility of implementing a comprehensive road safety plan for the city.

The report, which I've praised here before, would provide councillors with possibilities to improve pedestrian and cyclist safety, including adopting the Vision Zero strategies already being implemented in major European and U.S. cities to reduce traffic fatalities to zero.

So what happened? Short answer: nothing.

Earlier in that session, councillors voted, on the advice of staff, to remove the pedestrian scramble intersection at Bay and Bloor streets, in spite of the roughly 42,000 pedestrians that use the intersection on a given weekday. Staff said the numbers simply did not justify the traffic issues it caused.

It was a contentious decision. Pedestrian advocates, for example, were concerned about removing the scramble without taking steps to identify other intersections where a scramble might have a greater positive impact.

To address this, Coun. Mary-Margaret McMahon suggested, as part of the request for a road safety report, council ask staff to include intersections where a new scramble would be ideal.

Then everything fell to pieces. Council, in its questionable wisdom, decided to refer the whole report request back to committee. Effectively, council voted to reconsider considering asking for a report about pedestrian safety. They even were afraid to ask a question. This is passing the buck, plain and simple. I suspect that if a report ever gets approved, prepared, and put before council, it will be an extremely inconvenient one.

A real road safety plan may require funding, and may challenge councillors to weigh people's safety over drivers' needs. As long as they're not challenged to act, councillors can continue to shake their heads when a pedestrian is injured, without having to wear any of the blame.

There have been many reports, requests for reports, public consultation, and very little action. We can't keep waiting, however.

Here's a little perspective: In 2003, 44 people succumbed to the SARS virus. It was treated, rightly, as a national emergency. The Rolling Stones played a concert to let the world know Toronto was still a safe place to live and visit.

Last year in Toronto, 50 pedestrians were killed. The year before that, 63.

Where are Mick and Keith now? When are we going to treat pedestrian deaths in this city like the emergency they are? We simply can't shrug our shoulders anymore. Accepting the status quo means accepting people will die this year, and the next.

Other so-called world-class cities have refused to tolerate this. They took action.

So why does it feel like we've given up?

ROSEMARY WESTWOOD

metroview

We don't need another Jackie — rape is real

So, Rolling Stone got it wrong about Jackie.

And now that one of most salacious rape stories of recent times has been pulled from the magazine's website, it might feel like we've lost something.

Jackie (not her real name) was the centrepiece of Rolling Stone's explosive and widely criticized story of gang rape at a U.S. college fraternity.

The story has crumbled under scrutiny. In an independent investigation into how the magazine screwed up quite so horribly, Rolling Stone's journalists have now been publicly shamed.

Some worry this gives ammunition to rape deniers.

But we don't need another story of a brutal assault — another Jackie — to prove we have a rape problem.

We have data.

In Canada, one in three women will be sexually assaulted — a term that includes rape. That's a statistic I've been aware of for at least a decade. There are also an estimated 460,000 sexual assaults in this country every year.

The CBC recently compiled statistics of rape on Canadian campuses — 700 reported over the last five years. It quoted experts who suggest that's only a fraction of the real number.

We also have high-profile cases of the kind that are supposed to spur change.

There's Rehtaeh Parsons, and more recently Rinelle Harper. There are also the six women who accuse Jian Ghomeshi of sexual assault.

Yet, we still seem to be on the hunt for that final, horrifying story. One placed so squarely in our own culture, in our own lives, on our own campuses, that we have to admit rape is our problem to solve.

The investigation into Rolling Stone's reporting found that the magazine's reporter and editors chose Jackie's story because it was so extreme.

Rolling Stone's reporter and editors also claim their empathy got the best of them. On some level, I'd argue they wanted Jackie's story to be true, perhaps so it would cause so much outrage that change would have to follow.

But there is no silver bullet.

"How many more stories do we have to hear to know that this is a serious epidemic in Canada?" Farrah Khan, an anti-violence against women activist, asked me.

Yes, it's important to report on sexual assault, to tell the stories of survivors. But statically, you already know many of them. You shouldn't need to look into every single one of their faces before deciding to act.

I don't need to hear about another Jackie to know we have a problem.

Do you?

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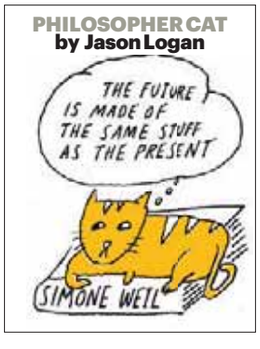


What to eat, see and do at Coachella '15

INDIO, CALIF.

Just make sure you leave your selfie stick at home this year

There's always plenty of spectacle at Coachella. ALL PHOTOS GETTY IMAGES

Thousands of music lovers will be putting the final touches on their show schedule, camping gear — and no doubt, outfits — before the first weekend of this year's Coachella Festival, which starts April 10 and has performances by AC/DC, Jack White and Drake among its highlights.

The Coachella Valley Music and Arts Festival has become increasingly genre-bending over the years, starting out with mainly indie fare and growing to encompass rock, hip hop and dance music. Other top acts due to play include Tame Impala, Steely Dan, Belle and Sebastian, Hozier, Florence and the Machine and David Guetta. Indio, Calif. will host the first round of visitors April 10-12, with a second weekend running from April 17-19.

Those not lucky enough to find themselves in the California desert (passes are no longer available) will still have a chance to hear the music. The first weekend's performances will be streamed live on YouTube.

As for the legions who are making the trek, those increasingly pampered festival-goers will not want for much: Free public Wi-Fi will be available in beer gardens and VIP areas, and an updated mobile app will help with navigation, scheduling and catching shuttles.

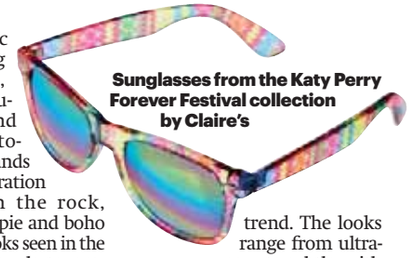
Dining options are not your average campground fare — choices include Dinner in the Rose Garden, a four-course meal for $225 per person — nor are the furnished on-site "safari tents," available at $7,000 for two.

Instagram will no doubt be cluttered with Coachella pictures over the next two weeks, but leave the selfie stick at home: Coachella's official rules prohibit the use of the gadgets — more specifically, "selfie sticks/narsisstics."

Visitors have come to expect large-scale sculptures and installations to cover the festival grounds. A list of contributing artists is included on the festival poster, but details remain under wraps, although a forum reveals works by the artists to give a sense of what could be in store. AFP

STYLE

Look festival chic on or off the field



Sunglasses from the Katy Perry Forever Festival collection by Claire's

The season's music festivals, starting with Coachella, are clearly influencing spring and summer ready-to-wear. Multiple brands have drawn inspiration from the rock, hippie and boho looks seen in the crowds to produce collections with fringe, lace, mini-shorts and denim.

After emerging a few years ago, the festival-inspired fashion trend is reaching a new level this season. Ready-to-wear and accessories brands are emphasizing boho styles that fashionistas can wear at outdoor concerts as well as in everyday settings.

Sheer fabrics, lace and embroidery, are some of the defining characteristics of the festival-inspired fashion trend. The looks range from ultra-sexy to subtle, with plenty of opportunities for accessorizing thanks to a wide array of hats, bags, flat lace-up sandals and colourful round sunglasses.

Swedish retail giant H&M led the charge this year with H&M Loves Coachella, its first official collection co-branded with the celebrity-studded Coachella. Mango and Forever 21 are also on board with the trend. AFP

FLOWER POWER

Flowers are hard to miss in the spring-summer 2015 women's collections, and they come in all shapes and sizes this season.

Floral motifs were seen at Christian Dior, Chanel and Manish Arora. The showy, oversized prints of 2014 have given way to more discreet floral prints this year.

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May we cut in? A dance with Milky Chance

ON TOUR

Duo first shot to fame with their Stolen Dance video

Emily Laurence
Metro | New York City

It's been one year since best buds Clemens Rehbein and Philipp Dausch uploaded their song Stolen Dance to YouTube — the video now has over 131 million views and the song is on constant rotation on Top 40 radio.

The duo is currently touring North America and will be hitting the festival circuit here and abroad in the summer. With a first stop at Ottawa's Bluesfest, the German musicians will also perform at Osheaga in Montreal and the Squamish Valley Music Festival in B.C.

One thing's for sure: The party's not stopping anytime soon.

Skipping school and jamming out

Rehbein and Dausch met in high school, when they bonded over liking the same type of music.

"We didn't like school much," Rehbein says. "We started jamming instead of going to math class. I think our other classmates would (describe us as) the most crazy guys who would just enjoy their easy way of living instead of being a student."

It's been a crazy three years for Rehbein and Dausch as they've grown in popularity and started touring all over the world, and it's only strengthened their friendship.

"We shared a hotel room a lot of the time, so we started knowing each other really well," Rehbein says.

Not to mention all the crazy festivals and shows around the world. "We share a lot of memories," Rehbein says.

Influenced by the club scene

Blending pop with electronica is part of what sets Milky Chance apart. Rehbein says they're greatly influenced by the electronica scene in Germany.

"The electronica scene in Germany is really good and it did and does influence our music," he says.

"If you grow up having parties in your (apartment) with your friends and listening to this type of music, it will influence you," Rehbein says, Going clubbing in France and Germany played a part in developing their sound, too, he says

Giving fans the power

Despite being tuned in to the European music scene, the guys have always written their songs in English.

> **I feel like the people made the choice for this song to be the single, not us**
> Clemens Rehbein

"We just always listened to English music, so it was more natural for us," Rehbein says.

The guys experimented by loading three songs to YouTube: Flashed Junk Mind, Down By The River and Stolen Dance. Three weeks later, Stolen Dance had racked up a crazy amount of hits.

"I feel like the people made the choice for this song to be the single, not us," Rehbein says.

Philipp Dausch and Clemens Rehbein of Milky Chance. GETTY IMAGES

MUSIC NOTES

A century on, Billie Holiday celebrated for her activism

Billie Holiday died with just $50 to her name taped to her thigh, but on the 100th anniversary of her birth, the jazz legend is enjoying a renaissance as a trailblazer for generations of singers.

When her body gave way at age 44 in 1959, she was under arrest in her hospital bed for possessing narcotics and her savings consisted of the $50 slipped by a reporter who wanted a deathbed interview.

Billie Holiday AFP

But on the centennial of her birth today, a more complete picture of Holiday is emerging as artists acknowledge her foibles, yet hail her for both her ineffable voice and stance against racism.

In 1939, Holiday debuted one of musical history's great protest songs, Strange Fruit, a searing denunciation of the lynchings of African-Americans in the Deep South. The Apollo, the racially integrated jazz venue in Harlem, was one of the few places where Holiday could perform late in her career, along with Carnegie Hall, as a new cabaret licensing system shut her out of most clubs on account of her character.

To celebrate the centennial, Columbia has put out The Centennial Collection, a CD with 20 of Holiday's most influential songs including Summertime, All of Me and Strange Fruit. AFP

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A teleprompter-style display helps Aerosmith remember words to songs they've sung thousands of times. GETTY IMAGES

REMEMBERING

Even rock stars can forget song lyrics

SOUND CHECK
Alan Cross

Billy Idol was in the middle of White Wedding when he accidentally switched to a verse from Rebel Yell. U2 fans have seen Bono try to ad lib his way out of singing flubs. Aerosmith has a teleprompter-type screen to help them through a show. You might know that AC/DC had the lyrics to their new single, Let's Play Ball, running on a giant video screen when they opened the Grammy Awards earlier this year.

Even the most experienced singers sometimes forget the words to songs they wrote and performed a million times. It happens.

This brings me to my days of playing in a meathead-level power trio. I forget what we were called, but we bar-banded our way through songs like Smoke on the Water, CCR's Proud Mary and Billy Squire's Everybody Wants You.

I was at the back with my stupidly oversized Neil Peart-level drum kit. Guitars were handled by Darren, a dead ringer for Eddie Van Halen. And on bass and most lead vocals was my friend Charlie.

Charlie was the most unlikely frontman anyone had ever seen. The only way he could get up in front of a crowd was to bash back a triple-rye-and-coke before going onstage and removing his glasses so he couldn't seen the audience. And to make sure he didn't screw up, he had his notebook full of lyrics on a stand next to him for easy reference.

As the singer, Charlie was in charge of transcribing all the lyrics for the songs we played. Flipping through his notebook before one show, I chanced on what he'd written for our Van Halen-style take on the Kinks' You Really Got Me.

Girl, you really got me
You got me so I don't know what I'm doing.

So far, so good. But then they continued:

Girl, you really got me now
You got me so I don't know what you weigh.

Charlie must have sung those words a thousand times and no one ever called him on it.

I bring up this story because Charlie passed away after a six-week fight with pancreatic cancer last week. He left his friends with many, many great stories.

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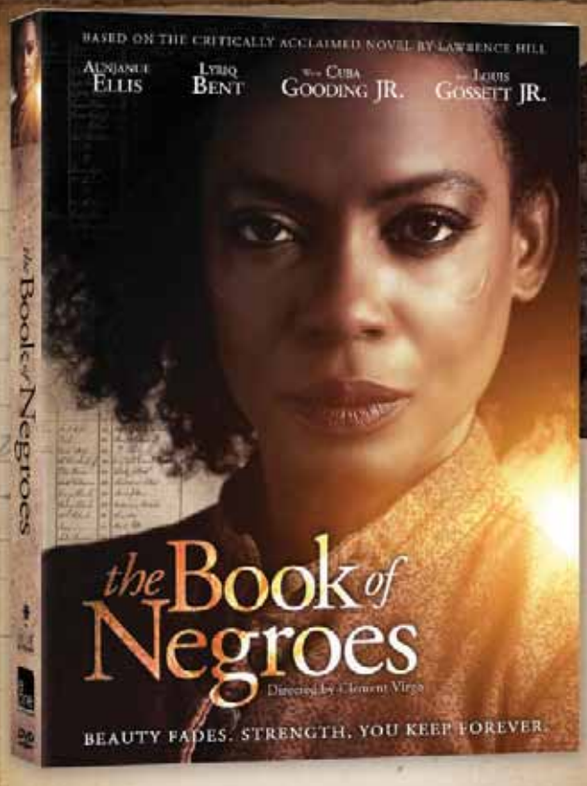
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Japan's silver set find their mojo

SEX

An aging population is demanding more wrinkles in their porn

Yasue Tomita, 61, makes her debut as a porn actress. She's cashing in on the gerontification of porn in Japan. AFP FILE

$20 billion

Adult movies rake in about $20 billion a year, and those featuring unashamedly wrinkly men and women account for between 20 and 30 percent of that market, industry insiders say.
AFP

Dressed in a kimono and kneeling silently on a tatami mat floor, 61-year-old Yasue Tomita looks as if she might be about to perform a Japanese tea ceremony. Instead she's debuting as a porn actress.

Fluttering her eyelashes demurely as the cameras prepare to roll, Tomita is proof that in Japan's greying society, you're never too old to chase your dreams, however racy or unorthodox.

She has also become part of a flourishing niche market in Japan: "silver porn" — stretching the limits of eroticism among the elderly and overturning social norms in a country where people are expected to grow old gracefully.

Love isn't confined to the young, either, say Japan's growing army of pensioners exploring their desires in more conventional ways, with dating agencies for the elderly reporting increasingly brisk business.

Tomita confessed to being "a bit rusty," but made no apologies for her rambunctious lust for life, or her decision to put aside her knitting and crochet and launch into a career making X-rated movies.

"I like my handicrafts, but I wanted to try my hand at this, while my body still works," she said in an interview before filming began.

"I do like sex, and this is my last chance before I get too old. I'm very nervous. I wonder if I should really do it, especially in front of so many people, but everyone should follow their dream.

"I just hope I can keep up," added Tomita, who used to work in a factory manufacturing car parts and registered for an agency in Japan's booming "adult video" (AV) industry with her daughter.

"We applied through the Internet together. I got offered a job first, which surprised her a bit."

In aging Japan, around 32 million people — a quarter of the population — are 65 or over. Thanks to a low birthrate and growing longevity, that proportion is expected to rise to 40 per cent by 2060.

With statistics like that, it's no surprise that geronto-porn is big business.

Adult movies rake in about $20 billion a year, and those featuring unashamedly wrinkly men and women account for between 20 and 30 per cent of that market, industry insiders say. Sales have rocketed over the past decade as more of Japan's perky seniors celebrate their mojo.

Though not for the faint-hearted, the genre took off thanks largely to now-80-year-old Shigeo Tokuda, the twinkle-toed king of granddad porn, who has peeled off for hundreds of hardcore flicks with titles such as Forbidden Elderly Care and Manic Training of Lolitas.

Pornography became widely available in Japan in the 1900s, with 17th-century Edo-era woodblock erotic prints being many people's first introduction to the genre.

Attitudes towards sex are less prudish than in other parts of the world and fun-loving fertility festivals, where giant wooden phalluses are joyfully carried around towns, take place annually in parts of Japan.

"Everyone has different sexual tastes or fetishes," said director Fumiaki Kimura. "Elderly porn has become very popular over the past 10 years or so. Older couples watch together because they can feel a connection, a sense of closeness or familiarity, being the same age."

Natsuko Kayama, 44, a porn star with 25 years' experience in the industry, said she wanted to outlast the oldest swingers in town. "I'd love to be the oldest AV actress," she laughed. "I want to break the record if I can — if I last that long."
AFP

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UNIVERSITY OF TORONTO FACULTY OF DENTISTRY

A sweet solution for single-serve coffee

TECHNOLOGY

Concerns about waste inspire creative designs

A creative sugar-based concept by Singaporean designer Eason Chow addresses the issue of waste produced by single-use coffee pods while infusing a little sweetness in every cup.

Single-serve coffee machines — Keurig, Nespresso, etc. — are in high demand, but the ecological effects of their disposable pods are the focus of much stress among coffee lovers.

Chow's proposed solution? The Droops coffee maker, which would use pods coated in a hard casing of sugar that could be tailored to the drinker's taste, using more or less sugar and infusing flavours as desired. Inside would be a layer of cream or milk, with the coffee powder in the centre like a traditional capsule.

The Droops Coffee Maker concept by Singaporean designer Eason Chow uses pods coated in a hard casing of sugar. DROOPS

The design of the coffee maker itself is minimalist, with an approach intended to be non-intimidating. Three components — a heater, a three-litre water container and a pump — stack together into a compact form.

Chow's design remains in the conceptual phase for now, although he told Relaxnews that he was "definitely looking into the possibility to develop the design."

In the meantime, what's a coffee-pod lover to do?

Concerns about waste have inspired several innovations, with Chow's perhaps the most creative to date.

Even John Sylvan, inventor of the popular Keurig K-Cup, expressed regret over his invention in an interview with The Atlantic this month and said he had dreamed up an idea for a more environmentally friendly version, although the company has yet to put it into action.

Keurig loyals will be pleased to know that the company has pledged to shift to a recyclable format for its K-Cups by 2020, and many brands have created workarounds for the Keurig machine.

Nespresso collects used capsules for recycling, and Senseo's pods are biodegradable. AFP

SCIENCE

Coffee has more perks than thought for brain, body

Long viewed as a controversial dark substance, coffee is gaining ground among medical experts who say it can protect against heart disease, Parkinson's, Alzheimer's and diabetes, even if it is decaffeinated.

Multiple studies published worldwide in recent years have concluded that coffee can be good for the health.

In February, the U.S. government issued new dietary guidelines, as it does every five years. But this year's recommendations said for the first time that coffee is not generally harmful, even multiple cups per day.

"We looked at all the science," said Miriam Nelson, a professor in the School of Nutrition Science and Policy at Tufts University, and a member of the committee that wrote the guidelines.

"We have found no negative, adverse effects on health when you drink up to three to five cups a day," she told AFP.

"In fact, there is a decreased risk of cardiovascular disease, Type 2 diabetes, Parkinson's disease and a couple of cancers," including breast and prostate cancer, she said.

A cup of joe could boost your body's defences. GETTY IMAGES FILE

She said a "moderate amount" would max out at 500 milligrams of caffeine per day.

Researchers do not yet understand the reason for coffee's health benefits.

That's why Tom Brenna, another member of the advisory group that wrote the new guidelines, urged some caution.

"Implying that coffee is going to cure cancer is not a very good thing to do," said Brenna, a professor of nutrition and chemistry at Cornell University. AFP

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Risk of suicide rises after first attempt

STUDY

Researchers urge followup with patients

The risk of suicide not only rises dramatically after an initial attempt but can persist for many years, a Canadian study has found, suggesting a need for long-term monitoring of patients to prevent them from later taking their own lives.

In what is said to be the largest study of its kind, Toronto researchers found the risk of suicide following an initial attempt — in this case, non-fatal self-poisoning — was 42 times higher than that of the general population.

Researchers tracked every person who visited a hospital emergency department in Ontario for self-poisoning between April 2002 and December 2010. They identified 65,784 children and adults who survived the suicide attempt, including almost 18,500 teenagers.

Of the 65,000-plus patients discharged after a self-poisoning episode — the most common way of trying to take one's own life — 4,176 individuals died during the followup study period, 976 of them by suicide.

"I think the key message is that patients at all ages — both teenagers and adults — who present to hospital with a first episode of intentional self-poisoning are at a significantly increased risk of suicide over the ensuing decade," said Dr. Yaron Finkelstein, lead author of the study published Wednesday in the journal JAMA Psychiatry.

"About 99 per cent of those who reach hospital alive are surviving," said Finkelstein, an emergency room physician at the Hospital for Sick Children. "And that is the opportunity to identify them and implement prevention for subsequent attempts.

"Most individuals who eventually died by suicide used more violent methods on subsequent attempts, and only seven per cent of them reached hospital alive."

THE CANADIAN PRESS WITH FILES FROM THE ASSOCIATED PRESS

A Canadian study finds suicide risk can persist for years. ISTOCK

IN THE NEWS

Germanwings tragedy

Suicide risk and prevention have been much discussed topics since a Germanwings co-pilot apparently slammed the Airbus A320 he was flying into a mountain in the French Alps on March 24, killing all 150 aboard. It's not known if Andreas Lubitz had previously attempted suicide, but authorities say the 27-year-old had received psychotherapy before obtaining his pilot's licence and his medical records referred to "suicidal tendencies."

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LEARNING CURVE

Not-so-lazy days of summer

SHUTTERSTOCK

End-of-semester burnout might be setting in, but spring/summer classes could be the key to having a great university experience.

Roxanne Ross manages the student success centre at the University of Calgary and advises students how to manage their course load. Ross says there are many reasons why students should think summer school is a great idea, especially if they want to accelerate their program, but students need to be prepared for a more condensed timeline.

"The courses are the same amount of class time and instructional hours, but it's often taken over a shorter period, so there are some time management adjustments that need to be made, and students need to be aware that two classes missed in spring and summer could have a more significant impact on their success," Ross says.

Summer classes are also a good idea for students who are involved in extracurricular activities or are balancing work and school throughout the year.

"Some people prefer to spread their course load over the three semesters and work throughout the terms, but others are looking to get employment experience and the summer is a good time to do that," Ross says.

She also thinks it's a good time to take advantage of any learn abroad opportunities your school has to offer since a trip will not affect existing classes, delaying graduation.

Not everyone plans to take summer classes, but sometimes summer school is necessary to get your academics back on track. Before making the choice, Ross says to make sure you won't be distracted by warm, sunny days.

"Students coming out of high school have traditionally had summers off, so that's something they need to consider," Ross says. "Are they going to be distracted because they are used to taking summers off? How intense were their fall and winter semesters?"

That being said, there is a perk of being a summer student. With less students on campus, there is less competition for student resources like tutoring. So sacrificing some of your summer may actually be the key to your success. *– Abby Wiseman*

CONTRIBUTED

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In a career as dynamic as a paralegal, relying solely on classroom learning is not enough.

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CDI College instructors are also seasoned industry professionals, so they can share their personal trials and experiences with students, as well as walk them through various field-related questions or concerns they may have.

Paralegals are a necessity in every sector, let it be business or health care, or art and design, which is why these professionals are in such high demand.

According to the Government of Canada, the "unemployment rate is relatively low in this field," and the job outlook is projected to continually increase over the next few years.

"CDI College has changed my life by helping me get a career earlier than I thought I would be able to," graduate Roxanne G. says. "I would definitely recommend this program to other people looking to start a career in my field."

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SUCCESS STORY

BROADCAST JOURNALISM SUMMER INSTITUTE

Brandon Gonez

CONTRIBUTED

It did not take Brandon Gonez long to realize that he was meant to tell stories for a living.

While in his first year of university — where he graduated with a communications degree — Gonez began a YouTube talk show called ChrisBransTonight.

It was this show that ignited Gonez's passion for broadcast.

"From then on, I wanted to go full-on into this career," Gonez says.

After completing his communications degree in April 2014, Gonez went straight into the Seneca@York Broadcast Journalism Summer Institute.

"The program changed my life and helped me fulfil my dreams," Gonez says.

After his first class, Gonez says he knew immediately he was in the right program. And by the end of the Summer Institute he felt sure he had the knowledge and skills to work in the industry.

"You leave the program feeling extremely motivated," Gonez says.

With his captivating smile, infectious energy, and passion for sharing the news around him, Gonez managed to land himself a job as a TV reporter/anchor at the age of 22, only two months after completing the Summer Institute program.

Gonez is CFTK-TV's news reporter and host of Week in Review in Terrace, B.C.

"I have taken almost everything I have learned from the Summer Institute with me into the job," Gonez says. "There was nothing that the instructors said that has not been applicable."

He says it was the tools such as the ability to shoot and edit his own stories, to the focused storytelling that he learned at the Summer Institute that has helped him find himself in his dream career.

As for his ultimate goal, he says he hopes to one day host a national current affairs talk show, like The Hour, but funnier.

Setting you up for the working world

Journalism has given award-winning reporter Stephanie Bertini a platform to tell the stories of those whose voices may have gone unheard.

Dedicated to uncovering the stories that matter to the community and nation, Bertini is working as an on-air reporter for WFTV Channel 9 News in Orlando, Fla.

Stephanie Bertini

"You can really help people make a change by exposing injustice," Bertini says.

"I definitely feel like this was my path."

Her path originally had her pursuing an education in history at York University, until she discovered the joint history BA/broadcast journalism degree/diploma with Seneca College.

After completing her program, she decided to enrol in the Broadcast Journalism Summer Institute offered through Seneca.

"Through the Summer Institute I was able to hone what I had learned and made it a smooth transition to CTV Northern Ontario News," Bertini says.

She says the Summer Institute taught her how the day-to-day operations of a working broadcast newsroom comes together.

"The Summer Institute does a really good job of setting you up for the working world," Bertini says.

SHUTTERSTOCK

After her time at the Summer Institute in 2007, Bertini has gone on to work as an anchor, reporter and weather host for CTV Northern Ontario News, anchor/reporter for KRGV-TV Channel 5 News in Rio Grande Valley, Texas, and as a reporter in Orlando.

FILLING A VOID

The Broadcast Journalism Summer Institute offered through Seneca College helps to fill the void between the knowledge learned in class and the hands-on experience needed for the real world of broadcast news.

"One hundred per cent of students who come to the Summer Institute with journalism diplomas or degrees end up earning jobs in the T.V., radio or digital journalism industry after successfully completing our program," says Barbara Caines, the co-ordinator of the program.

This 15-week intensive program offers students and professionals a chance to sharpen their journalism skills, and turn their passion for news, sports, health, business, weather, or entertainment into a career in broadcasting.

"It's the best fast-track program in the country," Caines says.

Along with the hands-on portion of the program, each day will begin with lectures and demonstrations from a team of industry experts.

Applications for the May 12 start date are being accepted until the end of April.

For more, or to apply, visit senecacollege.ca or contact the program co-ordinator directly at Barbara.Caines@senecacollege.ca.

A heaping helping of healthy nutrition

With Centennial's food and nutrition program

SHUTTERSTOCK

Trying to navigate the grocery store to find nutritious food items can seem like a never-ending task.

It can be even more difficult for those with health-related issues who don't have the option of strolling the grocery aisles and reading labels.

That is where food service managers are vital to promoting healthy eating and nutrition.

The food and nutrition program at Centennial College is a two-year diploma program, which prepares students for food service management positions in health care and business and industry.

"Our program is designed for students who have a passion for food and enjoy interacting with patients and making a difference in their lives," says Michelle Bishop, program supervisor/professor, food and nutrition program, school of community and health studies, Centennial College.

The program focus is administration and nutritional care. A typical semester will include kitchen production courses, nutrition therapy and financial management.

Graduates may pursue careers as food and nutrition managers/dietary managers, food service supervisors, diet technicians, quality control analysts/nutritionists, patient service supervisors, dietary consultants, and meal program co-ordinators.

"As our population ages, the need for qualified professionals to meet the nutritional care of patients is essential," Bishop says.

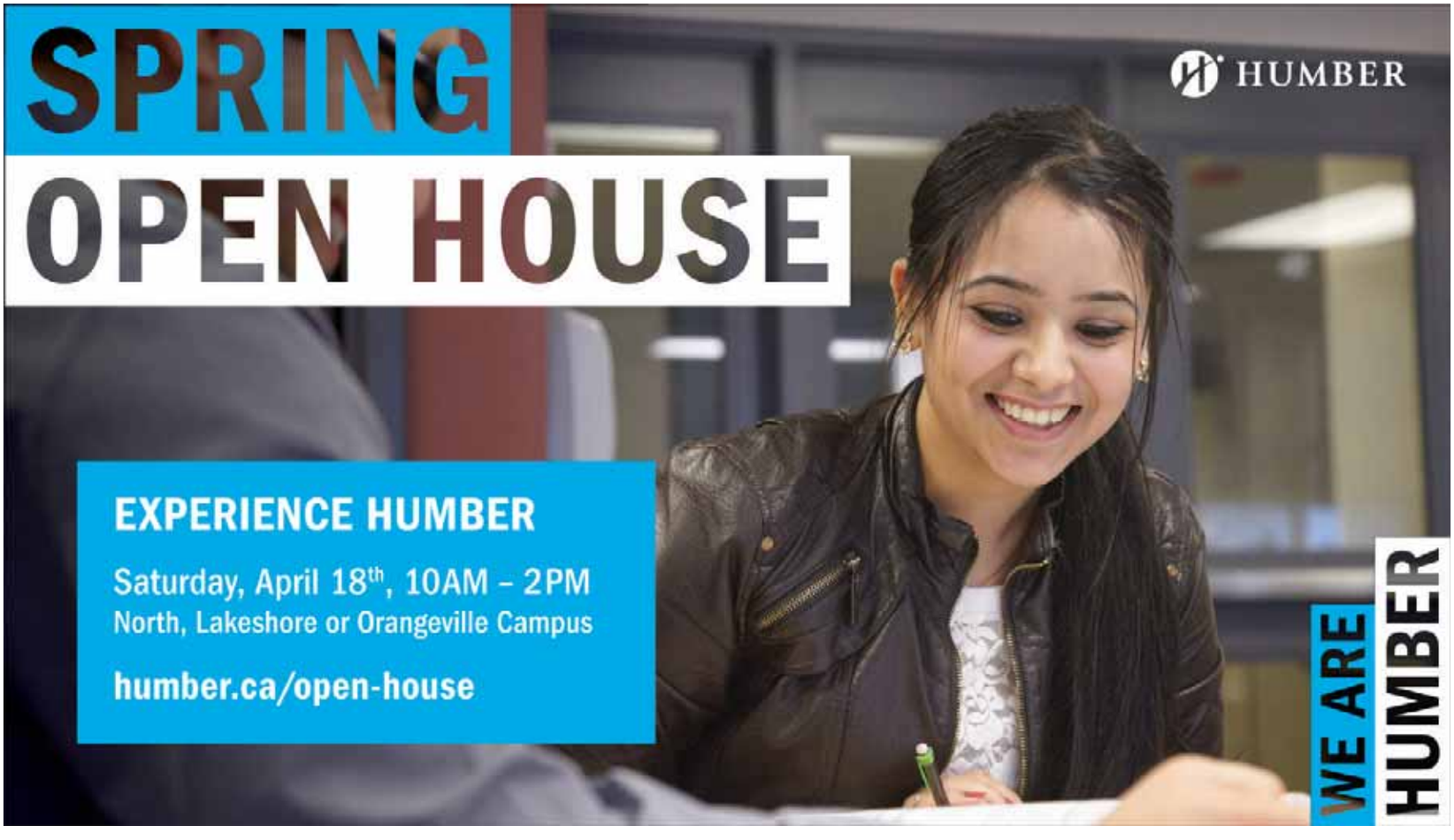
Areas of employment may include, but are not limited to, hospitals, seniors' residences, nursing homes, community agencies, and catering services.

"Qualified food service managers lead the industry in promoting food service, which meets the Ministry of Health guidelines and meal satisfaction of patients/residents," Bishop says. "Not only has our program been the recipient of numerous awards, our professors are leaders in nutrition or food service management, and we are continually improving the program to meet and exceed industry expectations."

The Centennial College food and nutrition management program is the longest established two-year program of its kind in the Greater Toronto Area.

Centennial graduates are eligible for membership in the Canadian Society of Nutrition Management, which sets the standard for qualified food service managers/directors in the health-care industry.

For more information about the food and nutrition management program at Centennial College, visit centennialcollege.ca.



DEGREES FEATURE INNOVATIVE APPROACH

Constant changes to the business world led Sheridan College Pilon School of Business to launch five new bachelor of business administration (BBA) degrees (accounting, finance, human resources management, marketing management, and supply chain management) last September.

The new degrees feature an innovative educational approach that guides students through critical, creative and reflective thinking, self-awareness, and evaluation of processes, in order to draw and articulate defensible conclusions.

Dr. Golnaz Golnaraghi

"Classes in the BBA programs have moved away from traditional lectures to become a place where students take the lead in learning experientially through real-world problem solving," says Dr. Golnaz Golnaraghi, professor leading the BBA creative learning portfolios, Sheridan College, Pilon School of Business.

"The experience gained from this 'flipped classroom' model is augmented with learning outside the classroom through a variety of student clubs, competitions, associations and projects."

The first two years of the new BBA degrees are common in order to provide a solid grounding in business fundamentals. In addition to choosing one of the five disciplines, students are able to select one of three interdisciplinary options — international business, innovation and entrepreneurship, or corporate social responsibility and sustainability.

SHUTTERSTOCK

"This flexibility and choice allows students to build their capacity to respond to new situations in a rapidly changing world and help them succeed personally and professionally in ways that better society," Golnaraghi says.

The new degrees include the creative learning portfolio, which fosters an awareness of self, self and others, and self and the community, at the same time promoting the growth mindset paradigm that is about embracing failure in learning to foster grit and resilience.

"This resilience is essential for creating new business ideas and innovative solutions within their studies and throughout their careers," Golnaraghi says.

The BBA programs cater to a diverse student body, including those straight out of high school, as well as graduates of existing business or other post-secondary diplomas.

For more, visit sheridancollege.ca.

THREE INTAKES

The BBA programs offer three intakes a year — September, January and May.

Students can choose to study on a full-time or part-time basis.

The programs provide students flexibility, with courses running year-round.

The BBA degrees encompass eight semesters of full-time study plus a requirement to complete a one-semester internship. Students may apply for a co-op option.

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SHUTTERSTOCK

Immerse yourself in Humber

Spring open house is April 18

While conducting research online is a great way to narrow down the search for a post-secondary education, experiencing the campus allows future students to explore the college and its community in a way that can't be accomplished online.

The on-campus experience is a future student's strongest resource when selecting colleges, and Humber's open house will help each individual make an informed decision about their post-secondary journey.

"Humber's spring open house is an opportunity for students to come on campus and immerse themselves in the college experience," says Breanne DuChemin, recruitment communications co-ordinator, Humber College. "It is also a valuable resource for students and their families to ask in-depth questions about the programs and services offered at Humber."

Unique to this year's open house, specifically at Humber's north campus, will be the first event held at the Humber Learning Resource Commons (LRC), the college's new centralized hub for student services.

Future students will be the first to explore this new space before it officially opens in the fall.

The LRC is a 260,000-square-foot, six-storey facility that includes a student commons, a student gallery, library, student services, Aboriginal Resource Centre and International Centre, among many other features.

"Attending our open house is an invaluable experience for students, as they have an opportunity to speak one-on-one with faculty and current students, explore the labs and facilities, make connections early and leave with a solid understanding of the robust resources that will support their academic and personal success," DuChemin says.

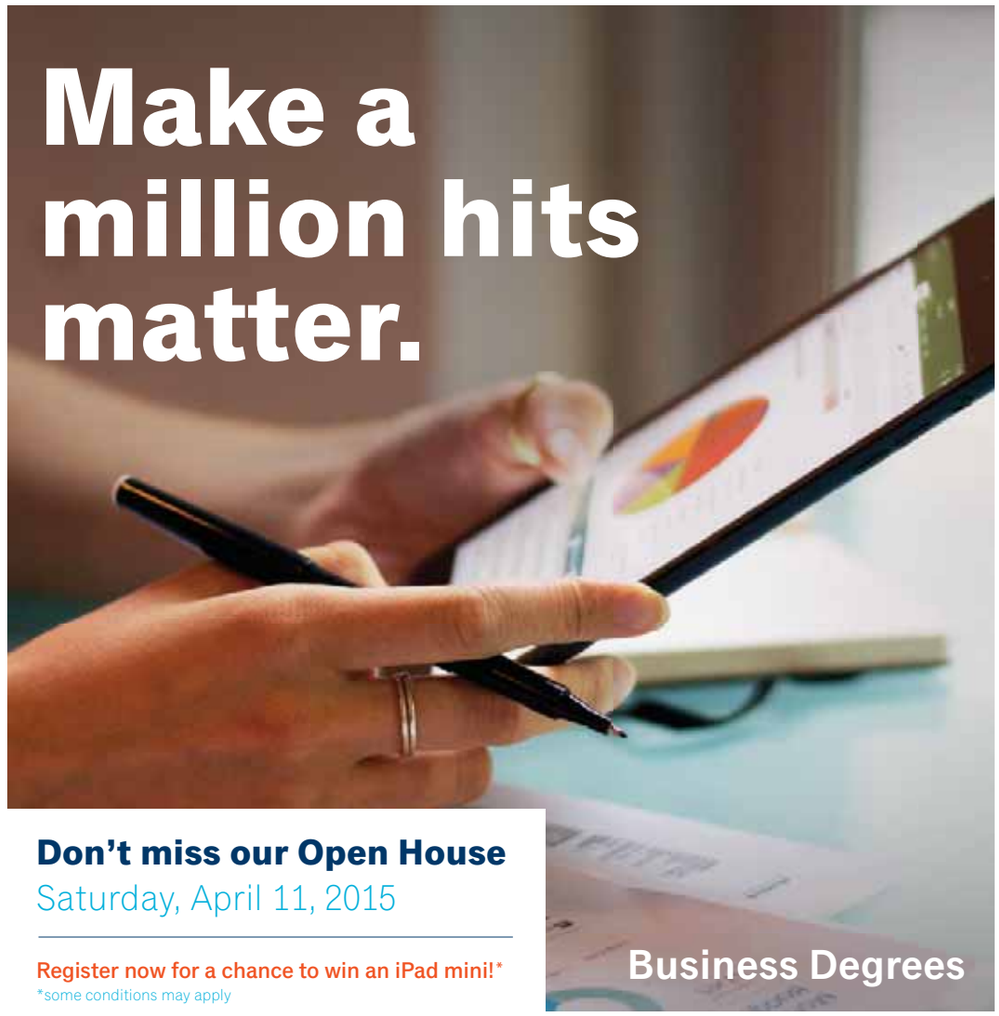
Specific program sessions will be offered for a variety of programs, which is exclusive to Humber's open house.

Attendees will also be able to get more information about the number of new programs being offered at Humber this fall (applications for these programs are open).

The Humber spring open house takes place April 18, from 10 a.m. until 2 p.m., at the north, Lakeshore and Orangeville campuses.

In addition to the many practical benefits of attending the open house, Humber will be giving away two iPad minis and a number of Humber prize packs.

For more information, visit humber.ca.



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The L.A. Dodgers set a baseball record with a $270-million opening-day payroll

Tuesday, April 7, 2015

Jays defuse Bronx Bombers

MLB SEASON OPENER

Martin, Travis spur Toronto to 6-1 victory at Yankee Stadium

The Toronto Blue Jays gave Canadian catcher Russell Martin the second-largest contract in franchise history to help bolster a potent lineup and give the young pitching staff a steady guide.

One game into the new season, the deal is looking pretty good for the team with the longest playoff drought in baseball.

Martin singled in two runs and Edwin Encarnacion hit a two-run homer off Masahiro Tanaka as the Blue Jays beat the New York Yankees 6-1 Monday in Alex Rodriguez's return to the major leagues.

"Martin got it started," manager John Gibbons said. "A lot of good things happened."

Without retired Derek Jeter in the lineup, a restless opening-day crowd at Yankee Stadium reserved one of its only cheers for Rodriguez in his first game back from a year-long drug suspension. Batting seventh, his lowest spot in a regular-season game since he batted eighth in 1996, A-Rod singled, walked, and lined out.

Drew Hutchison, at 24 the youngest opening-day starter in Blue Jays history, held the Yankees hitless until Brian McCann laced a ball just inside the first base line for a single with two outs in the fourth.

Hutchison (1-0) allowed three hits, including Brett Gardner's homer in the sixth inning, to help Toronto improve to 20-19 in openers, including 1-2 vs. the Yankees.

"I was extremely excited," Hutchison said. "It was a big day, overall."

Last July, Hutchison helped the Blue Jays snap another skid against New York: A 17-game losing streak in the Bronx.

Now, he hopes to help Toronto return to the post-season for first time since winning the World Series in 1993.

GAME NOTES

Jose OK

Jays manager John Gibbons said one of Jose Reyes' achillies tendons was "barking" after the game. He also said the speedy shortstop was fine.

One-pitch wonder

Jays 20-year-old reliever Miguel Castro made his major league debut with two outs in the eighth inning. On his first pitch, a ball, Didi Gregorious was thrown out trying to steal third to end the inning. Castro did return for a perfect ninth.

Up next

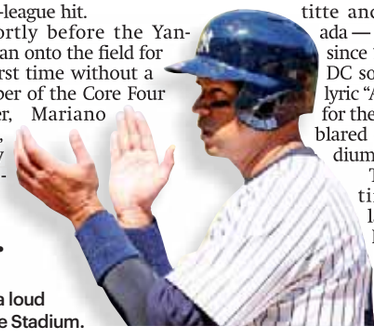
After a day off, the Blue Jays turn to knuckleballer R.A. Dickey, in the final year of a three-year contract with Toronto. The Yankees will send Michael Pineda to the mound.

Toronto catcher Russell Martin, left, celebrates with second baseman Devon Travis after the Blue Jays' win over the Yankees on Monday in New York. KATHY WILLENS/THE ASSOCIATED PRESS

Martin, an ex-Yankee from Chelsea, Que., hit a single in a five-run third inning against Tanaka (0-1). Devon Travis homered later in the game for his first career hit, taking a speedy turn around the bases.

Travis is the first Jay since J.P. Arencebia to homer for his first major-league hit.

Shortly before the Yankees ran onto the field for the first time without a member of the Core Four — Jeter, Mariano Rivera, Andy Pettitte and Jorge Posada — on the roster since 1995, the AC/DC song with the lyric "Are you ready for the good times" blared over the stadium speakers. Those good times didn't last long for New York in its 113th opener. THE ASSOCIATED PRESS



> **I have to admit, it definitely felt good. That's for sure.**
>
> Alex Rodriguez on receiving a loud ovation in his return to Yankee Stadium.

IN BRIEF

Orioles 6, Rays 2

Travis Snider made a good first impression in his debut for the Baltimore Orioles.

The former Blue Jay had three hits, drove in two runs, made a diving catch and threw a runner out at the plate from right field while helping Baltimore open the season with a win in Tampa Bay.

Red Sox 8, Phillies 0

Red Sox newcomer Hanley Ramirez and Dustin Pedroia each hit two homers, Clay Buchholz threw three-hit ball over seven innings and Boston won its inter-league opener in Philadelphia.

Rockies 10, Brewers 0

Slugger Ryan Braun left Milwaukee's season opening loss to Colorado with a strain on his right side. Braun left after crashing into the right-field wall while catching a drive by Justin Morneau.

Tigers 4, Twins 0

David Price left no doubt about his worth as Detroit's opening day starter, coming within one out of a shutout in the Tigers' victory over Minnesota.

THE ASSOCIATED PRESS

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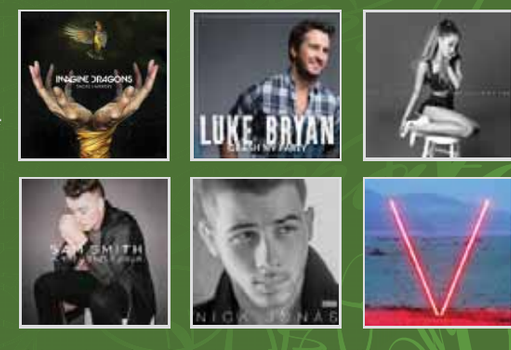

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IN BRIEF

All eyes on Tiger during Masters practice round

Tiger Woods arrived later than usual Monday for a Masters that is different from all the others he has played.

No one was sure what to expect from him.

Tiger Woods GETTY IMAGES

Woods offered a quick glimpse that it could be just about anything. He hooked his tee shot so far left that it nearly went into the ninth fairway. And then he hit a shot to about 6 feet and rolled in the putt for birdie.

"I felt like I had to get my game into a spot where I felt I could compete to win a golf tournament and it's finally there," Woods said after playing 11 holes. He played the front nine with Mark O'Meara, then the 10th and 18th holes before darkness.

The tournament begins Thursday.

THE ASSOCIATED PRESS

NBA to host development camp, youth clinics in Cuba

The NBA is set to become the first U.S. professional sports league to visit Cuba since President Barack Obama ordered diplomatic relations between the countries to be restored.

The league will hold a three-day development camp and host clinics for youth from April 23-26. Recently retired two-time MVP Steve Nash and newly elected Hall of Famer Dikembe Mutombo will take part. THE ASSOCIATED PRESS

Testimony ends as Hernandez murder trial nears its conclusion

Testimony in the murder trial of former New England Patriots player Aaron Hernandez ended Monday after the defence called just three witnesses and rested its case in a single day.

Superior Court Judge Susan Garsh told jurors they had heard all the evidence they would hear, and that they were due in court Tuesday morning to hear closing arguments and receive instructions.

THE ASSOCIATED PRESS

Psycho T is a steady force on the boards

NBA

Hansbrough sheds light on rebounding philosophies

Action gets chaotic when Tyler Hansbrough is on the floor. Just ask the Magic's Evan Fournier, who is pictured eating an elbow from the Raptor. STEVE RUSSELL/TORSTAR NEWS SERVICE

> **With this team and as many threes as we shoot ... it gives you room to run and crash and find your spaces.**
> Tyler Hansbrough

Arms flail and legs splay, missed shots get tipped and more often than not, a player or two goes crashing to the floor.

Stuff happens when Tyler Hansbrough is on the basketball court and while it tends to look like chaos and mayhem from afar, there is far more method to his madness than you might think.

It's not that the Raptors power forward is totally cerebral — there has to be room for his sheer athleticism and drive to show through — but Hansbrough is a thinking man's maniac when he's pursuing missed shots.

"I think it's a big pursuit, kind of knowing where the ball is going to go," he said of describing his style, which often looks like total mayhem under the boards where Hansbrough's style has raised the ire of many an opponent.

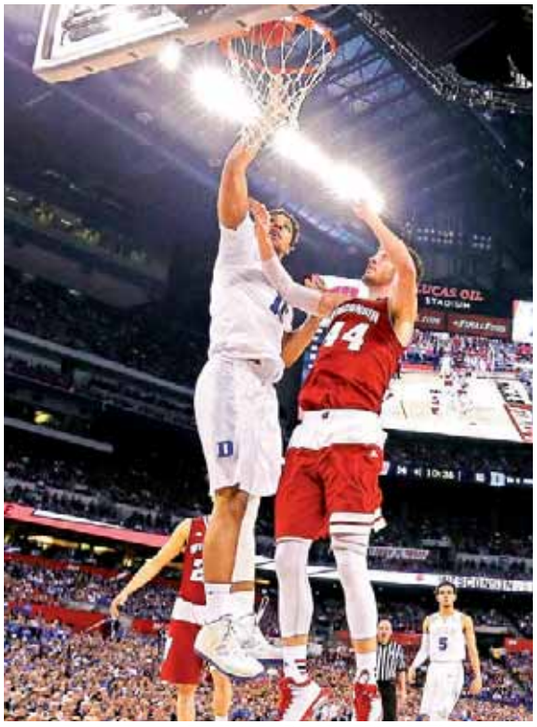
But it is not like he cares or that he just goes out willy-nilly and starts knocking bodies around while also finding himself bum over teakettle every now and then.

He is one of the more aware rebounders the Raptors have ever employed, he knows his teammates, he knows the game and when a shot goes up, he has a good idea of where he has to go to get it, often a second or two before anyone else.

"You get a feel for what guys like to do," Hansbrough said after the Raptors practised at the Air Canada Centre on Monday. "Greivis (Vasquez), his floater is going to come off a little soft so that's an easy one. It's kind of knowing your personnel and knowing where the ball is going to go."

Hansbrough's energy on the boards has made him at times an invaluable part of the Raptors rotation. He filled in admirably in a spot start for the injured Amir Johnson on Saturday, tying a season high with 18 points and grabbing eight rebounds against the Boston Celtics.

TORSTAR NEWS SERVICE



NCAA BASKETBALL DEVILS AND BADGERS BATTLE IT OUT Jahlil Okafor of the Duke Blue Devils, left, drives to the basket against Wisconsin Badgers' Frank Kaminsky during the NCAA men's basketball national championship game on Monday. Go to metronews.ca for results from the game. GETTY IMAGES

Palace pushes City out of race for top

EPL

Pardew's men send defending champs down to fourth spot

Manchester City fell further out of title contention by losing 2-1 to Crystal Palace in the Premier League on Monday, dropping to fourth in the standings and all but surrendering its championship defence.

Glen Murray and Jason Puncheon put Alan Pardew's men 2-0 ahead by the 48th minute despite City controlling 74 per cent of possession at Selhurst Park. Yaya Toure pulled one back with a fierce shot in the 78th but the defending champions fell short of a comeback and are now nine points behind leader Chelsea, which also has a game in hand.

"We are not talking about the title, only about winning our games," City manager Manuel Pellegrini said. "We will see at the end of the season which team has the most points."

A dejected David Silva after City's loss. GETTY IMAGES

City dropped below both Arsenal and Manchester United, which it faces next weekend, but is still seven points above fifth-place Liverpool. Palace is virtually assured of staying up after reaching 39 points with seven rounds to go, sitting in 11th place. "For us it was a huge night," Palace manager Pardew said. "We didn't see enough of the ball really ... but diligence, character, resilience was enough just to see us home."

Palace's opener came against the run of play in the 34th minute as Joe Ledley headed down a cross toward Scott Dann, whose shot was blocked by goalkeeper Joe Hart but fell for Murray to tap in at the far post. There was no arguing about the second goal — except perhaps about Hart's positioning — as Puncheon lifted a free kick over the wall to beat the goalkeeper at the near post.

Toure finally provided a breakthrough when he controlled the ball just inside the right edge of the area and unleashed a hard shot into the far corner, but Pellegrini's team couldn't prevent a third loss in its last five games. They probably can't prevent Chelsea from winning the title, either.

"Every time we drop points it's a big blow, especially at the end of the season," Pellegrini added.

THE ASSOCIATED PRESS

IN BRIEF

Former Colts star Lacey joins the Argonauts

The Toronto Argonauts have signed American defensive back Jacob Lacey. Lacey started all 16 games with the Indianapolis Colts as an undrafted rookie in 2009, recording 85 tackles and three interceptions, one of which he returned for a touchdown. He was a key part of the Colts' run to the 2010 Super Bowl, which they lost to New Orleans.

THE CANADIAN PRESS

"We've got to find a way to generate more offence and find a way to win games.

Sidney Crosby's Pittsburgh Penguins have scored more than three goals in regulation just once in the last month. The Penguins are just two points up on the Senators for an Eastern Conference wild-card spot going into tonight's game in Ottawa.

Tuesday, April 7, 2015

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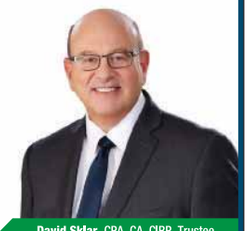

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Ingredients

- 1 (10 oz) container of store-bought hummus
- 1/2 cup baby spinach, chopped
- 1/2 cup diced cucumber
- 1/2 cup diced tomatoes
- 1/3 cup rehydrated sun-dried tomatoes, chopped
- 3 Tbsp chopped red onion
- 1/4 cup crumbled feta cheese
- 3 Tbsp chopped black olives
- 1 large pita bread — warmed and cut into wedges (optional)

Nutrition per serving

- Calories 184
- Carbohydrates 17.1g
- Fibre 2.0g
- Protein 7.8g
- Fat 10.6g
- Saturated Fat 1.9g
- Cholesterol 3mg
- Sodium 343mg

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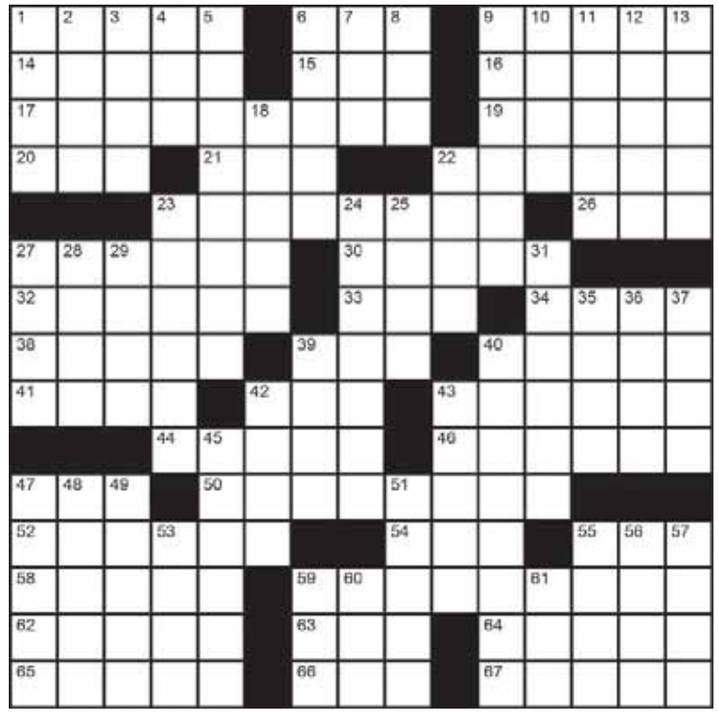

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14. Ancient Greek colony
15. Sir McKellen
16. Sheep-like
17. Elvis Presley's only wife
19. Fixes
20. Family member
21. 100, for short
22. Little Green __ (Green Giant's sidekick)
23. TV specialty channel, __ Canada
26. Kicker's need
27. "Seinfeld" role
30. Standoffish
32. Dan Fogelberg ballad
33. Canada Post delivery, e.g.
34. Hilarious human
38. Soaking spots
39. Li'l dollar parts
40. __ Boingo (American rock group)
41. Prospector's passage
42. Bus. day
43. Bob __ (Journalist/activist born in St. Boniface, Manitoba who co-founded Greenpeace)
44. Seville's land
46. Newfoundland town
47. 0 Meridian letters
50. Janet Jackson song
52. Modernize, maybe
54. Descriptive wd.
55. Heartfelt protest, __ de coeur
58. Red pens the manuscript
59. Orange-in-colour fruit
62. Bel __ (Opera singing style)
63. Fragrant necklace
64. Mr. Quinn of movies
65. Peggy __, "Mad Men" character
66. Timeline times, tiny-ly
67. Destiny beings of myth

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3. "Come __ __!" (Welcome!)
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5. Juno-winning album by #23-Down: 'Little __'
6. Actress Olivia
7. 'Tutor' suffix
8. __ _ mission
9. "Grey's Anatomy" star Ellen
10. At all
11. Wine grape variety
12. Inordinate
13. Plague, in France
18. Deduce
22. Air¹pollution
23. Songstress born in Timmins, Ontario
24. Peter __, Premier of Nunavut
25. Varieties
27. British actor Idris
28. Burden
29. Opposing
31. Hippie-style vest adornment
35. Worldwide [abbr.]
36. S-shaped moulding
37. Split
39. Fashionable
40. Peter __, Music Director of the Toronto Symphony Orchestra
42. Chore
43. Business department leaders
45. Being
47. __-Roman wrestling
48. Track prize
49. Same siblings
51. Ms. Hilton
53. Mr. Preminger
55. RCN rank
56. Horse coat style
57. Hostels
59. Work at
60. 'Pamphlet' suffix
61. Italian pronoun

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You will go over the top and say something excessive today but as you're an Aries people tend to expect it of you. Just make sure you aim your barbed comments at people who can speak up and stand up for themselves.

Taurus April 21 - May 21
You may be tempted to give up on something that is not working out the way you expected but is that wise? The planets urge you to stick with it a while longer because a breakthrough is imminent.

Gemini May 22 - June 21
Avoid getting involved in disputes that have nothing to do with you. Some of your friends may get angry that you are not prepared to stick up for them but if you take their side today every other side will be against you tomorrow.

Cancer June 22 - July 23
You will be tempted to place your trust in a stranger who says the right things, but that does not mean you are doing the right thing.

Leo July 24 - Aug. 23
Don't be surprised if something you feel strongly about fails to get much of a response from those you feel should be most concerned. Maybe you are too close to the situation.

Virgo Aug. 24 - Sept. 23
If someone annoys you today you will react in a way that surprises a few people — and scares a few more! Yes, of course, you will regret it tomorrow when you have calmed down.

Libra Sept. 24 - Oct. 23
Try not to get annoyed if someone whose support you rely on opposes you in some way today. They are entitled to their point of view and if they disagree with you they have a duty to say so. Maybe you should listen.

Scorpio Oct. 24 - Nov. 22
You may find it difficult to focus over the next few days — there are too many things going on for you to concentrate on one thing for any length of time.

Sagittarius Nov. 23 - Dec. 21
It's just as well you enjoy multi-tasking because partners and colleagues will have you running in all directions today. But don't let it get to the stage where you begin to lose track of what you have done.

Capricorn Dec. 22 - Jan. 20
You are reading too many things into too many situations and it's not healthy. Make it your aim today to think and analyze less and just go with the flow.

Aquarius Jan. 21 - Feb. 19
You may have a right to be angry that someone has let you down but try not to go over the top about it. The most important thing you have is your reputation for fairness and logical thinking.

Pisces
Feb. 20 - March 20
Little things will rub you up the wrong way in a big way over the next 24 hours. Others may say you are over-reacting, and maybe you are, but you are also right to get annoyed.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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'MIRACLE MOLECULE' SUPERCHARGES CIRCULATION, PROMISING BETTER BLOOD FLOW, BLOOD PRESSURE AND INCREASED MENTAL CLARITY & STAMINA!

Are you concerned with high blood pressure or cholesterol, a lack of stamina and energy, a dip in libido and physical performance,or the increase of "senior moments?" The answer to living without these health concerns has been discovered in what scientists are calling the most important health breakthrough of our time. The discovery starts with nitric oxide (N-O)!

OVER 40 LOSING CRUCIAL RESERVES

N-O is a natural substance produced by the body that has amazing effects on health and circulation. The American Heart Association published one of many studies showing that many people over 40 don't produce enough N-O. In fact, your body produces less than half of what it did at 20.

NOBEL PRIZE WINNING DISCOVERY

Three researchers received the prestigious Nobel Prize for this discovery. One of the winners says, "There may be no disease process where this miracle molecule does not have a protective role".

GOOD NEWS FOR BOOMERS!

Researchers reported that N-O helps with energy levels, blood pressure, cholesterol, joint discomfort, and assisted in strengthening the immune system.

90-SECOND CIRCULATION BOOSTER

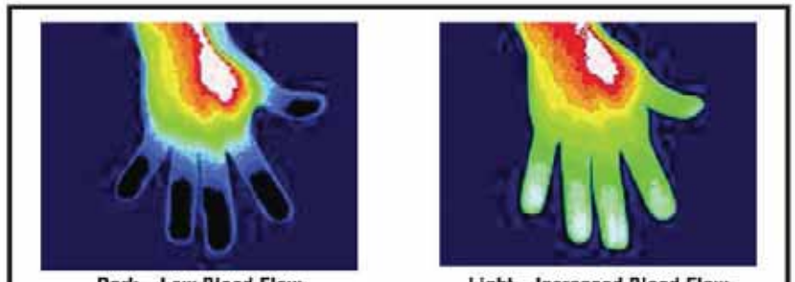
Based on the research of Dr. Nathan S. Bryan, PhD, who lectures to doctors around the world about Nitric Oxide, Neogenis® Labs has created a revolutionary lozenge, called Neo 40 daily, that makes it easy to restore N-O levels. This "fast-dissolve" lozenge restores your N-O to youthful levels by dissolving within 90 seconds and begins to work immediately, which leads to better circulation, for many in as little as 20 minutes.

BETTER CIRCULATION TO WHOLE BODY

Better circulation helps increase stamina, maximizes metabolism, helps manage stress and maintains healthy sexual function. Healthy N-O levels also promote better blood pressure and cholesterol as a result of improved circulation to all major organs.

SURPRISE BENEFITS FOR MEN & WOMEN

"Adequate amounts of Nitric Oxide insure sufficient amounts of blood to flow to the extremities, especially the penis, resulting in an erection. The same applies to women; without proper blood flow to the clitoris, orgasms are difficult," says Dr. Bryan.



Dark = Low Blood Flow **Light = Increased Blood Flow**

Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

A boost in Nitric Oxide levels may equal increased sexual sensitivity for men and women. Tammy from Ontario said, "The first night after my first dose I had improved circulation in my hands. I find the increased circulation is a definite benefit in the bedroom." "We noticed a difference in my husband's erections within a week. We can't believe how well it works," reports pleased wife Marion S., of New York.

NATURAL RESULTS YOU CAN FEEL

Lee L., from CA was stunned with her results. "I have had knee, leg and shoulder problems for over 10 years. The pain has deprived me of sleep for months!

Ronald D. TX explains, "The results were noticeable overnight. I had more energy and was able to focus more readily."

BEET & BERRY COMBO BOOSTS N-O

Neo 40 daily proprietary combination of N-O boosting nutrients: amino acids, B Vitamins, Vitamin C, and Magnesium are specially formulated with the patent pending combination of red beet and hawthorn berry. The natural chemistry between them generates Nitric Oxide when dissolved in the mouth. The result is increased oxygen delivery, improved vascular function, enhanced sexual enjoyment, and protection against free radicals.

BOOST BLOOD FLOW & OXYGEN STARTING IN 20 MINUTES!

"I recommend this lozenge because it helps the body restore N-O, which leads to healthy circulation; for most in as little as 20 minutes," affirms Dr. Bryan. The result is increased oxygen delivery, heightened immune function, improved vascular function, and enhanced sexual enjoyment

NEO40 daily

Patented Neo40 daily formula

CLINICALLY SHOWN TO HELP YOUR BODY:

- Reduce triglyceride levels (27% average in 30 days)
- Support healthy blood pressure
- Support cardiovascular and heart health
- Improve sexual performance through improved circulation
- Increase the body's circulation
- Improve artery health

AVAILABLE IN FINE HEALTH STORES!

Please visit www.neo40.ca or call us to find a store near you.

Recommended by W. Gifford-Jones M.D.

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